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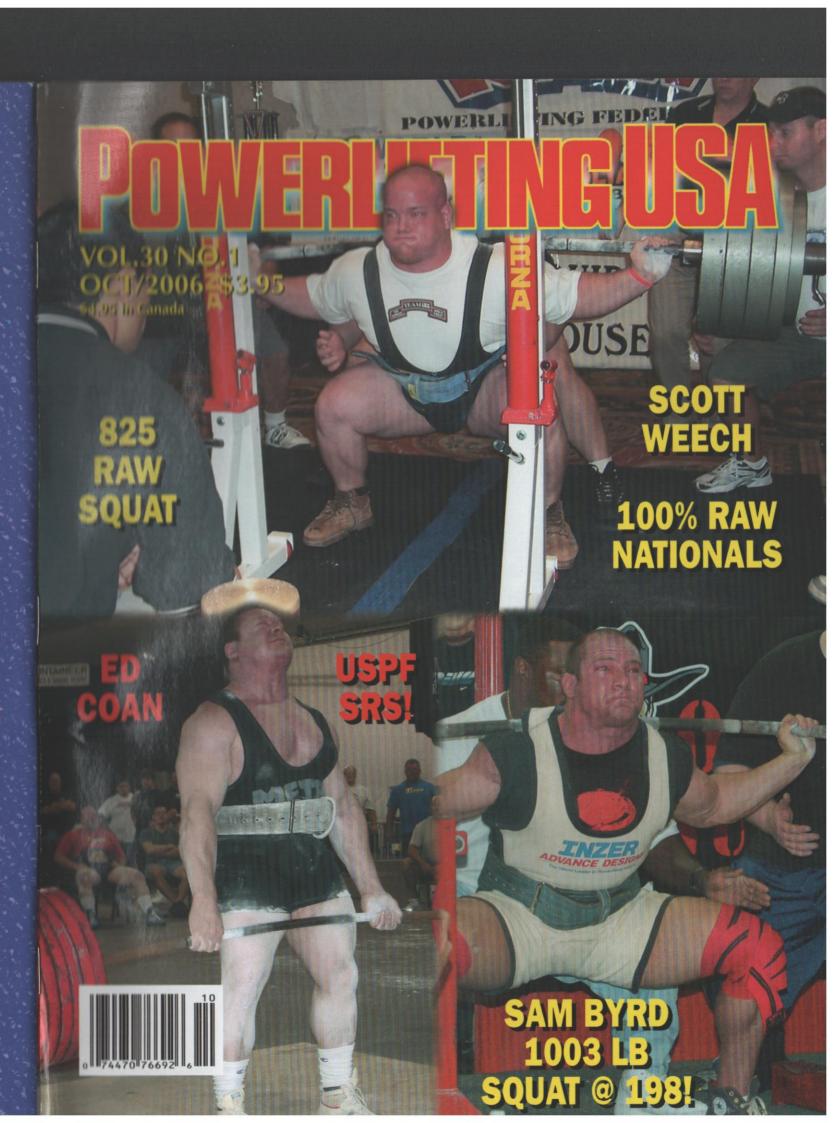
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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, through their own love for the sport this is their magazine."

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ON THE COVER ... Scott Weech with the biggest raw squat ever (courtesy Stott), Ed Coan at the USPF Sr. Nationals (courtesy McCase), and Sam Byrd with the biggest squat in 198 # class history at the APF Georgia State Meet (Ken Overby)

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Becca Swanson Benches 551 ... All Time World Record



Debbie Kruck was Becca Swanson's first hardbody inspiration, and being invited to her show in Florida was like coming full circle for Becca, who made benches of 507, 534, 545, and 551 on a fourth attempt, weighing 241, for yet another set of all time world records. (thanks to Becca Swanson for providing this photograph)

518 573 600 573 595 617 631 631 R Heck 242 lbs. APF Police/Fire BP Exhibition 622 26 AUG 06 - Daytona Beach, FL J. Anzani 1st 2nd 3rd TOT 275 lbs . Tallman 143 154 170 154 R. Gregg 308 lbs. 479 490 507 534 545 551 I. Hoskinson 661 705 705 661 A. Manske (Thanks to Pamela Clayton for providing



Brad Heck (631 BP @ 181), Chip Tallman (716 BP @ 255), and Brian Schwab (573 BP @ 165). Photo by Cathy Tallman, who notes that Chip has been lifting since 1985, and recently did a USAPL meet, learning the rules on the fly, and hit a 600 in a loose shirt!

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INTERVIEW

SCOTT WEECH JR.

as interviewed for PL USA by Greg Stott

300 lbs. Weight Class: 308 lb. Federations You Belong To: 100% RAW & APF

GS: First off, congratulations on your performance at the 100 % RAW Nationals, setting four World Records, including a huge 825 lb. Squat, the heaviest Squat ever done in a sanctioned RAW competition!

SW: Thanks Greg.

GS: For readers who may be learning about you for the first time, fill everyone in on how long you've been lifting as well as what got you started in Powerlifting?

SW: Well, I have been lifting weights since I was about seven years old. I started getting really serious when I was in eighth grade. My first competitions were in high school. In Florida high schools, we do bench and clean & jerk. I won a state championship during my junior year, when I

Age: 21 Height: 6'2" Weight: benched 420 and cleaned 350. My senior year I broke my wrist, and was not able compete in high school lifting. While I was in a cast I had to come up with some creative ways to stay strong. Some of the easiest exercises for me to do with a cast on were squat and deadlift, so you can see how I transitioned into Powerlifting. GS: What were your friends' & family's reaction to your huge squat

> SW: Everyone was really excited. My Dad was at the meet taking

GS: In your last TEAM iXL interview, you mentioned how the squat is your favorite lift, please take a minute and share with us

SW: I like the squat because it involves a lot of different muscles, so it is easy to keep a lot of variety in my squat workouts. It is easy for me to go up in weight with my squats, so I guess that's why I

enjoy doing them. **GS:** What have you added or dropped from your training routine, that looking back helped you hit the big numbers in all three lifts on August 12th in Orlando?

SW: Perhaps the most important thing would be a lot of rau deep squatting. believe that when I squat raw and deep. my squat and deadlift go up together. The movements are very similar

GS: How long is your training cycle to prepare for a competition?

SW: It depends if the meet is raw or with equipment. For a raw meet I train the same

almost all the way to the meet. Maybe the last few weeks I will cut some of the volume. If I am doing an equipment meet I tend to have a 6-8 week training cycle

"Well, I know it sounds extreme, but Deadlift 800 lbs."

specifically for that meet.

GS: Please describe for us a squat workout, say mid competition

SW: Again it really depends if it is a raw meet or not, but since my last meet was raw, here is how prepared. The first thing I would do is 6-8 sets of squats (including warming up). Then I might do 3 sets of leg presses, followed by 3 sets of front squats. Next, I'll do 3-6 sets of exercises specifically targeting the hamstrings. To finish I might do some heavy sled pulls. That may seem like a lot of volume, but that's what has always worked for me. I figure if it's working, why change it? Scott deadlifted 750 lbs. setting a Junior & Open 308 lb Class World Record

GS: Who are your current workout partners?

SW: I mostly work out with my Dad (his name is Scott also), and it should be noted, for the record, he's really strong as well, but I also work out with a large group of lifters: Scotty, Scott, John, Jack, Roy, Joe, Jeff, and from time to time others as well.

GS: Scott, You've shown that you can lift huge weights Drug Free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the drug free course? SW: It just makes sense. Steroids take a bad toll on your body, no matter what anyone says. If you stay clean and work hard you can

I would like to eventually Squat 1000 pounds raw. By the World Championships in December, I would like to Squat 900, Bench 550 and

GS: What supplements are you SW: Really not many, I have been taking a new type of protein from BioPharm, and from time to time I take a little creatine. (Scott Benched 505 lbs. on his way to setting a World Record Total of GS: Tell us a little bit about your diet? Describe for the readers, what a typical day of food consumption looks like, as you're preparing your body to TOTAL over a Ton, 100% SW: Well, I am not on a really strict diet. I try to eat a lot of protein, and I try to limit my fats and sugars as much as possible. I like to eat just about anything GS: What are some of your new goals you've set for yourself in

Powerlifting? SW: Well, I know it sounds extreme, but I would like to eventually Squat 1000 pounds raw. By the World Championships in December, I would like to Squat 900, Bench 550 and Deadlift 800 lbs

that won't eat me first!

achieve your goals. I want to be around to see my kids (that is,

future kids) grow up.

using?

2040 lbs.)

RAW?

GS: What is your vision for the sport of Powerlifting?

SW: To continue to grow, and attract more young lifters to our

GS: How has the sport of Powerlifting affected your everyday

SW: It is a very large part of my life, and it is what most people know me for

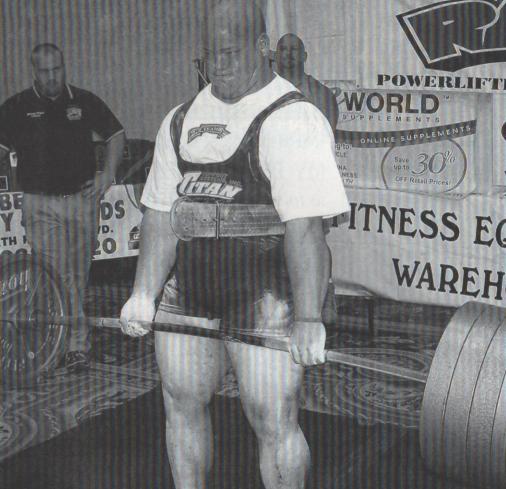
GS: Do you feel Powerlifting should be an Olympic Sport and why?

SW: Yes, because it is a great sport. We just need to unite and make our presence known. Now, whether or not this ever happens, I do not know

GS: What advice would you give to a lifter just etting started in Powerlifting?

SW: Train hard, seek out experienced lifters, and stay clean!

GS: Any final comments you'd like to make or people you'd like to thank?



Scott deadlifting 750 pounds at the Raw Naitonals. (squat and deadlift photos courtesy of Paul Bossi)



Scott is Strong All Around ... he benched 505 at the 100% Raw Nationals. (courtesy Stott)

SW: I would like to thank you Greg and TEAM iXL for all of your support. I would like to thank my beautiful wife Julie for putting up with me. That's right folks, she is a keeper. A big thanks to my family and especially my parents. Everyone from Deb's Gym in Lakeland Florida, Thank you! I would like to thank Ken Anderson and Titan for their support as well. Most importantly I would like to thank the Lord Jesus Christ for giving me my strength.

GS: Scott, by you being so grounded and strong at such a young age, you're in a fantastic position to not only help Powerlifting grow mainstream, but more importantly, become a role model for youth involved in sports worldwide.

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Scott & other TEAM iXL SuperStars visit: www.TEAMiXL.com

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Scott Weech squatting 825 raw at the 100% Raw Nationals, the highest recorded in raw competition.

The human body is like a machine. For it to last long, it has to be tuned properly. This has to be done with the utmost care and effort. The purpose of this report is to put you at your goal of increasing your bench press through a variety of exercises. To do this, you must work HARD and be willing to push yourself to failure on each set. With this routine your strength will improve each week, with your peak at the end of the 8th week.

Here are some basic guidelines for you to follow:

EAT A WELL BALANCED MEAL DURING THE 8 WEEKS

Do not diet to lose weight during this routine. A thin person should concentrate on foods high in proteins and carbohydrates as much as possible. This will put inches of muscle on all parts of your body. Make sure to take all the vitamins & minerals you need to stay healthy.

GET PLENTY OF REST AND SLEEP

Get a minimum of 7-8 hours of sleep each night. Rest gives the body time to rebuild muscle fibers and replenish its energy by converting complex carbohydrates into glucose, which creates glycogen, the main source of energy for the body.

KEEP A HAPPY OPTIMISTIC ATTITUDE

Stress can cause fatigue, which leads to lack of energy. Start your workout

with a positive attitude, knowing within a short time you will see great results. Do not do any exercises other than what is on the workout schedule for the day's routine.

What follows is the workout that I have developed & used for the last twelve years. I have developed this workout through trial and error; from tips I have picked up over the years. In 1994 I was in a dire need of a new training program, as after one year of hard, dedicated workouts, I went backwards in my bench press by 20 pounds. That was the straw that broke the camel's back ... I needed something new! The first 2 weeks I used this routine; my bench went back up 20 lbs. and I felt great. After six weeks, my bench was up 50 lbs. @ a body weight of 214 lbs. My best RAW Bench to date is 515 lbs. done at the 2005 100% RAW World Bench Press Championships. I have named this routine the **REVERSE PYRAMID METHOD**.

This routine is designed for the lifter to utilize their full power & strength, before fatigue and burnout occurs during their workout. The body uses ATP & Glycogen as its main source of energy when under extreme stress from heavy lifting or sprinting. There are many variables that come into play when a person goes into the gym to work out that can affect their training for the day - things such as stress, what you ate last night, how hard your work day was, the temperature outside, relationship problems, and the amount of sleep you got are just a few of the variables. These variables can cause you to lose repetitions during your workout and, falsely, make you feel like you are getting weaker. With this REVERSE

WORKOUT OF THE MONTH

IMPROVING YOUR BENCH USING MY REVERSE PYRAMID METHOD

as told by to Powerlifiting USA by PaulBossi



PYRAMID METHOD these variables will not affect you because your body has enough glycogen & ATP stored to do 1 set of 3 repetitions.

The reason I say 1 set of 3, is because a set of 3 repetitions will keep your training near your max weight without overtraining. In a good powerlifting routine you only need to do each bodypart once a week. When working out heavy, resting your body is important. To increase your strength during different exercises, you'll perform 6-10 repetitions

You do not want to take off too much time so that the muscles begin to atrophy. Guys that try to max each week will overtrain and begin to go backwards. This routine is for the **DRUG FREE LIFTER** who wants to make gains the old fashioned way. This workout is a 3 day on -4 day off routine. This will allow your body the

time it needs to rest & recover as well as replenish its ATP & Glycogen levels for your next workout. When doing this routine remember that when you hit 11 reps with a weight, increase the weight on your next workout. When I do my one triple (1x3) each week at the beginning of my workout.

I will only increase the weight if 3 reps at that weight are easy and I can get 4 reps.

This routine is for the lifter who understands that gains are made over a period of time, not overnight. Yes, you will hit sticking points, but remember this takes time and dedication, so just keep

fighting through it. You will not overtrain with this routine and you will always stay strong and ready to compete. Good luck and let me know how you do with this workout.

MONDAY (CHEST)

Bench (Warm-ups) "what ever you need to do to warm up"; Set 1(1x3) Reps Max weight: 3 reps your limit & if you get 4 reps you'll move up; Set 2 (8x10) Reps "When you get 11 Reps Move up (5-10lbs):

Set 3 (8x10) Reps "When you get 11 Reps Move up (5-10lbs); Set 4 (8x10) Reps "When you get 11 Reps Move up (5-10lbs); Set 5 (8x10) Pauses Have your partner give you the press signal after bar is motionless.

Incline: 3 – Sets of (8x10) Reps "When you get 11 Reps Move up (5-10lbs) Decline.

Tuesday (Back & Biceps)

Bicep: 4 – Sets (8x10) Reps Curls Inside EZ curl Bar; 4 – Sets (8x10) Reps Curls Inside EZ curl Bar; 3 – Sets (8x10) Double Bicep Pull Down; 2 – Sets Pullups MAX OUT. Back: 3 – Sets (8x10) Lat Pull

Down; 3 – Sets (8x10) Reps Low Row; 3 – Sets (8x10) Bent over rows; 3 – Sets of (8x10) Reps "When you get 11 Reps Move up (5-10lbs).

Wednesday (Shoulders & Triceps)

Shoulder Press: 4 – Sets (8x10) Reps; Forward Lateral Raises: 3 – Sets (10x12) Reps; Reverse Cable Extensions: 3 – Sets (10x12) Reps; Close Grip Bench: 4 – Sets (8x10) Reps; French Curls 3 – Sets (8x10) Reps; Triceps Extensions: 4 – Sets (8x10) Reps; Dips: 2 Sets of Max.

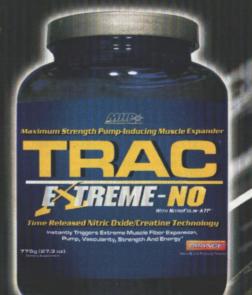
Paul Bossi, is the President of the 100% RAW Powerlifting Federation. To contact Paul or to find out more information on RAW Competitions being held in your area visit: www.RawPowerlifting.com



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- Jon Andersen
- Top-ranked pro Strongman competitor





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Hosted by 100% RAW President Paul Bossi, the 2006 100% RAW National Bench Press & Powerlifting Championships was an overwhelming success! Held at the Doubletree Hotel in Orlando, Florida, the two-day contest saw lifters representing 19 states with an age span of nearly seventy years. This meet had lifters from 19 states come to compete who had National and Worldclass lifts. We also had 1 lifter from France come and compete in this meet. Zied Hichari who broke a record of his own for his country. The was the most competitive competition the federation has ever had and with the growth we have had over the past 2 years we see more and more

meets like this coming. The event was broke into 2 days to ensure all the lifters of a smooth running meet that ran very efficient in which it was. We had many familiar faces and many new faces that turned many heads with their awesome lifts. We had drug tested 18 lifters and had 1 failure that we are sorry to say. We would like to thank our wonderful sponsors for all the

100% RAW Powerlifting Federation National B P & Powerlifting Championships as told to Powerlifting USA by SPERO TSHONTKIDIS



Dennis Cieri made a new World Record and won Best Bench Presser with his 525 @ 198.

donations of goodies for the lifters. Thank you to Bodybuilding dot com for the best lifter bags and many gifts they gave for the lifters, critical bench dot com for spotting for 2 days and bring many gifts for the lifters and also sponsoring the Bench for reps competition, supplements dot com, Fitness Warehouse of Orlando for the Lending of the weights in the warm-ups room

and Milano for working and setting that up for us. Thank you to Elizabeth City Trophy for the wonderful awards which were 1st class as always. Thank you to APT Pro Wrist Straps and Goliath gear for their wonderful gifts for the lifters and Adrenaline Gear for their shooting of the DVD and many pictures they taken of the event which will be on sale soon on our website. Thank you to Powerlifting USA Magazine for the many magazines to pass out to the lifters and advertisement which helped make the event a success. We would like to thank the people who made this event possible: Paul Bossi Meet Director, Head Table Shawn Lute and Teresa Lancaster.

Judges Spero and Caryn Tshontidikis, Jeremy Wright, James Roberts, John Shifflett all who done and exceptional job, Spotters Mike Westerdal and Chris Wilson from Critical Bench, Ray Berry, Scott Deuel and Scott Kuzma. Thank you to all the coaches and lifters who came and made this event a part of Powerlifting history. Thank you to Greg Stott founder of Team IXL for his support of the meet and the many things he elps us with over the course of the year.

We had many National and World Records broken at this event. We had 8 lifters who

Best Benchers were Denny Cieri, Jenn Thompson, and Ken Connolly



Will "THE CHILL" Lynch took the 181 lb. class bench title w/445. D. Davis 285*! J. Gardner 340 R. Konover — P. Scott 320

				Orlando, FL	ress		
BENCH		I. Pickett	150	Open		(35-39)	
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123 lbs.		L. Gagnon	290	S. Judah	425	C. Kennedy	355
C. Grant	90	D. Harding	285	J. Gardner	340	(40-44)	
132 lbs.		(20-24)		T. Hubert	315	J. Shifflett	325
J. Thompson	280	R. Bonney	310!	M. Franklin	300	(45-49)	
(45-49)		(25-29)		198 lbs.		R. Jones	335
123 lbs.		C. Deloy	350*	D. Cieri	525	(55-59)	
C. Grant	90*	(30-34)		S. Paolini	405	G Arnold	365*!
Open		J. Brown	325	M. Castro	385	(60-64)	
132 lbs.		(70-74)		K. Carrier	330	A. Speech	310*!
J. Thompson	280*!	B. Tinkler	220*!	K. Brantley	325	Anczerewicz	275
MALE		Open		A. Smith	305	S. Kaczmarek	245
97 lbs.		C. Deloy	350*	B. Rosenfield	245	R. Konover	-
R. Pickett	80	J. Brown	325	(20-24)		Open	
(10-11)		R. Bonney	310	K. Carrier	330	C. Pickett	435
R. Pickett	80*	V. Clark	275	(35-39)		R. Berry	300
114 lbs.		181 lbs.		D. Cieri	525*!	242 lbs.	
1. Smith	185	W. Lynch	445	(45-49)		G. Peirce	420
(16-17)		S. Judah	425	K. Brantley	325*	J. Webb	405
I. Smith	185*!	K. Connely	360	(70-74)		S. Deuel	325
132 lbs.		J. Gardner	340	B. Rosenfield	235*!	P. Scott	320
B. Goelz	305	T. Hubert	315	4th-245*!		(35-39)	
Open		M. Franklin	300	P/F/M		P. Scott	320
B. Goelz	305*!	M. Thompson	245	A. Smith	305	(40-44)	
148 lbs.		(18-19)		Open		S Deuel	325
T. Denison	200	M. Thompson	245	D. Cieri	525*!	(50-54)	
R. Fecteu	190	(20-24)		S. Paolini	405	G. Peirce	420*!
J. Love	-	S. Judah	425*!	M. Castro	385	Open	
165 lbs.		M. Franklin	300	220 lbs.		J. Webb	405
C. Deloy	350	(25-29)		C. Pickett	435	275 lbs.	
J. Brown	325	T. Hubert	315	B. Cullen	405	M. Allocco	505
R. Bonney	310	(30-34)		G. Arnold	365	S. VanBrunt	445
L. Gagnon	290	J. Gardner	340*	C. Kennedy	355	J. Constabile	360
D. Davis	285	(35-39)		R. Jones	335	P/F/M	
D. Harding	285	W. Lynch	445*!	J. Shifflett	325	S. VanBrunt	445*
V. Clark	275	(40-44)	211	A. Speech	310	Open	
B. Tinkler	220	K. Connelly	360*!	R. Berry	300	M. Allocco	505
J. Pickett	150	P/F/M		Anczerewicz		S. VanBrunt	445
(16-17)	20741	S. Judah	425*!	S. Kaczmarek	245	S. Deuel	325

qualified as Elite Status lifters and 2 lifters missed the Elite Status by 5lbs or less. Our World meets are building up to look very competitive and they will be held in November for the Bench Press and December for the Full Powerlifting.

Friday evening's National Bench Press Championships was highlighted by the grace and power of North Carolina's Jennifer Thompson. An IPF World Champion, Jennifer's 280pound bench at a bodyweight of 130.7 secured her both a place in the 100% RAW World Record books and Best Lifter honors. It is believed that Jennifer's bench press was the highest pound for pound bench press RAW ever in history of powerlifting for a woman. New Jersey's Dennis Cieri, competing in the 198 pound class, registered an awesome 525 World Record bench and Best Lifter honors. Dennis has the 2nd highest pound for pound in 100% RAW's highest with a 2.65 ratio. The highest is Will Lynch with a 2.69 ratio for pounds lifters for a pound of body weight or how many times of their weight they lifted. Master lifter Ken Connelly from Illinois (40-44) rounded out the Best Lifter trio with his doublebodyweight World Record bench

of 360 pounds in the 181-pound class.In addition, the contest saw numerous National and World Records being broken, to include a 305 pound bench by Florida's Brian Goetz (132 pound class), Will Lynch's (North Carolina) 445 pound bench in the 181s, and Bert Rosenfeld's (Florida, 181 pound class) 245 pound bench in the 70-

198 lbs. (40-44)

K Sahin

MALE

(16-17)

(20-24)

D. Piddy

O Rermudez

G. Perez M. Tichnor

(18-19)

(20-24)

M. Wilson

S. McKee

Tehontikidie

DL

420

405

520

500

445

255 205 370 830

205 445

270 400

295 455

460*! 305 525 1290

430 330*! 575*! 1335! (18-19)

365 275 205

420 1020

1000

1315

1165

1000

1050

1000

1100

580*1 14001

335*1 220*1 405*1 960*1

335 220 405*! 960

Shontikidis 155 135 285 575

335 265

350

430

390

330

350

D. Parrish

E. Davis

Parets

VanAlle

B. Maggitt

(35-39)

(40-44)

(18-19)

(20-24)

V. Parets

I. VanAllen

T. Peterson

. Gordon

Z. Hichari

C. Kennedy

B. Beekley

J. Wilsey

(35-39)

J. King



Best PLers: Eddie DeBus, Bill Beekley, Scott Weech, Omar Bermudez



Open Team Champions: FLORIDA RAW DOGS. (courtesy P. Bossi)

G. Reyes

S. Jones

M. McKee

(20-24)

K. Cole

N. Ham

T Rurn

P/F/M

(20-24)

(40-44)

Montgomery

74 year old age division. Will's "Camp Mayhem" team also captured the Team Championship

Saturday's full-power meet proved to be a continuation of Friday's record-breaking feats as Florida lifters Kari Sabin (Women's Master), Omar Bermudez (OPEN, 165), Bill Beekley (45-49, 220),

4th-DL-635*!

4th-DL-635*! 510 320

320 235

405

385

260

325 380

470 325 500

380*! 450

315 570

135 335 515 985

510 320 600*! 1430

335 455

430 330 575 1335

600*! 360*! 610*! 1570!

315 450

305 525 1290

485

500 450

460

510*! 320 605*! 1435! (40-44)

1135

1025

610*! 1570*! (18-19)

1295 1180

1015

1295

1180!

1290

1175

475 310 510 1295 S. Weech

640*! 1545

Scott Weech (20-24, 308), and Beau Moore (40-44, SHW) were joined by Oregon's Joey King (20-24, 198), New Jersey's Victor Parets (40-44, 198), and New York's Eddie Debus (18-19, 242) to set the pace for an awesome day

Kari shattered the World Record books with her lifts of 335,

560*! 345* 560

4th-SQ-825*! DL-750*!

560 750

740

lifted flawlessly, registering a 1400pound total in the 165-pound class. Omar's efforts were rewarded with a first place finish, Best Lightweight Lifter honors, and the Overall Best Lifter award. Joey, an Oregon firefighter, pushed up huge numbers, to include a 635-pound World Record Deadlift. Victor's 1435 total secured him a first place finish in the 198s and Best Lifter honors in the heavyweight division. Bill, who serves as the 100% RAW Florida State Chairman, won Best Master Lifter with his lifts if 510, 320, and 600 in the 220s. Eddie, a teenage lifting phenomenon, registered an impressive 1605pound total, humbly crediting his Lord and Savior after each lift. Scott and Beau rounded out the day's lifting, firing up the crowd and registering the meet's biggest totals with 2040 and 2050 efforts, respectively Congratulations to all the lifters

220, and 405 for a 960 total.

Omar, coming off a four-year layoff,

on their efforts and accomplishments. The numbers prove that equipment and drugs are not necessary for big totals!

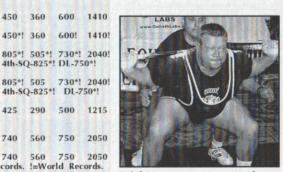
Special thanks to 100% RAW Vice President Shawn Lyte for a superbjob of announcing the twoday event, Teresa Lancaster for running the score table, Jeremy Wright for expediting, and Jim Roberts, John Shifflett, Caryn Tshontikidis, and Jeremy Wright for officiating.

More thanks to Chris and Mike of CRITICALBENCH, COMforan incredible job spotting and loading both contests. Chris and Mike saved many lifters from potential injury, and successfully loaded the entire meet without a single miss-

And many thanks to Meet 510 435*! 660*! 1605 Director and 100% RAW President 445 300 525 1270 Paul Bossi for hosting a first-class event. The platform area, awards, and hotel arrangements were 485 340 575* 1400 460 325 495 1280 second-to-none, and many lifters commented on how smooth the 325 495 1280 contest ran. Well done, brother!

Finally, and most importantly, 500*! 250 515 1265 thanks and praise be to God for an injury-free, drug-free weekend in 375 450 1230 the greatest country on the face of 475 630 1735 the earth. Praise His Name, and we'll see you at the Worlds! 505 375 525 1405

God Bless, Spero



Nick Hammer-open 275 champ

Here at Westside Barbell much of our emphasis is placed on the Posterior chain. The posterior chain is the muscle groups located on the rear of the body. These muscles include but are not limited to the Spinal Erectors, Glutes, Hamstrings, and Calves. The Posterior chain holds most of the cards to becoming strong and improving in athletic performance. Almost all of our assistance work and much of our maximal work is directed in making this area of the body stronger and more dominate

80% of the population suffers from lower back pain and problems, but many lifters live their entire lives without this issue. Weightlifters, by doing many hours of training, and proper assistance exercises develop protective musculature around the spine, learn how to breathe when straining, and have extraordinary posture (1). In the old USSR, the strongest lifters were always building up the namstrings, lower back, and glutes to make strides in their lifting and safely handle high volumes of work. Many of their manuals talk about 250 leg curls or back extensions per day. In any sport you may be in, these muscles make or break your progress, longevity, and overall ability.

For training youths in any sport, all postural deficiencies must be corrected before strenuous training can begin (2). The statement holds true for anyone since most of our daily activities in the western world revolve around sitting at a desk or computer all day. If training begins before these issues are corrected, then progress will be short lived and injury is certain. Even at the advanced level, training these muscles is top priority. Listed below are the main exercises that Westside Barbell uses to get to the top, and will help anyone regardless of goals, or training status. We usually do 2-4 of these exercises in a lower body workout. This consists of 50% of our total assistance volume for our 2 lower body workouts. We also use these exercises in our mini workouts as well

1. Reverse hyperextension The reverse hyper

extension is a key component to Westside's success. This machine is important because it provides massive gains in lower back strength, posture and glute activation with no vertical compression. In fact the machine provides the reverse, traction. This is a key ingredient to keeping your back healthy (1). Many Chiropractors are catching on

to the reverse hyper and using them with great success. The machine is fairly simple to use and should be owned by every gym. All athletes can benefit from this machine. When compared to the Romanian deadlift, the

reverse hyper extension had 2 to 1 back activation in favor of the reverse hyper, but with no vertical compression on the spine. This means more volume with less detrimental effects.

2. Sled dragging



dragging is very important to the posterior chain as well. Many here at Westside draga sled 2 times or more per week. One QB from a D-1 school Missouri shaved 3/10ths of a second off his 40 time just pulling the sled.

Kellum Davis now linemen for the Arizona Cardinals trained with us for 5 weeks, at the end of the 5 weeks his vertical jump increased 4 inches, his broad jump by a foot, and his weight went up by 12lbs. He pulled a sled regularly in his regimen with us. Josh Fry graduated senior from Columbus Ohio, now at Morehead State ran a 4.45- 40 yard dash in May and a 4.27-40 at the end of the summer before leaving for school. Almost all of their accessory work at maximal work revolved around these muscle groups. The stronger the posterior chain means the more force that can be applied in lifting, sprinting, jumping etc.

This exercise can be done when you're injured. We have had many lifters and athletes that could pull a sled after surgery or injury and still make great strides in strength and performance. This also places no vertical compression on the spine and builds the hip musculature. It is also great for GPP work and develops muscular endurance for that last pull in a meet or the last play

This device (upper right photo) is a huge priority at the gym.

WESTSIDE

The Training of the Posterior Chain

as told by Westside Barbell's Matt R. Wenning M.S.

They not only develop glutes, hamstrings and calves, but teach them to work as an integral unit. Isolation work is just that, isolation, but sport requires us to use

everything at our disposal to get the work done (2). Many coaches train these muscles in isolation only, especially in HIT schools. Remember that muscular performance requires muscles to work together, not separately. If you want a big pull, or a big vertical jump, then you must work on one of these machines.

Good mornings are a huge strength builder at the gym. As good mornings go up in strength, so should pulling, squatting and sport ability. When good mornings are done correctly, this exercise will develop the entire posterior chain. No special equipment needed, just a bar, a rack, some weight, and a large set of kahunas. Many of our strongest lifters can do well over 600lbs. Strong backs make strong athletes. We do these for our max effort work, and assistance work depending on what we need.

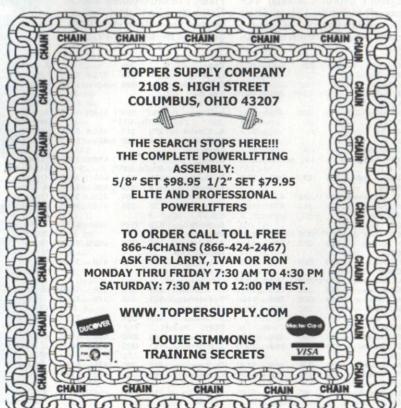
4. Band leg curls

Many different leg curls from many different angles are done as well. Bands are used for resistance as they are opposite of most cam type machines found in normal gyms. They get harder the further they are pulled. Cam type machines get easier the further they go. You want to work the muscle at its weakest angle or performance. Machines built with cams are for shaping, not strength. Go for 100+ reps in a workout at the end for a few months and see the progress.

A few key points to remember is to hit your lagging areas at their weakest points, train your assistance work hard, and change your assistance work regularly. Progress is sure to come with a creative, open mind. Almost everyone's weakest links can be found at the posterior chain. Your back hamstrings and glutes can never be strong enough, unless you're satisfied with

Matt Wenning

REFERENCES: 1) V. ZATSIORSKY, SCIENCE AND PRACTICE OF STRENGTH TRAINING 1995. 2) T. KURTZ, SCIENCE OF SPORTS TRAINING 2001



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Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme in the body converts some of your testosterone into the female hormone estrogen, which is responsible for many negative side effects, including the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-Aromatase inhibitors found in T-BOMB II eliminate the conversion of testosterone to estrogen—a main concern for powerlifters and a tremendous triumph for MHP R&D formulators

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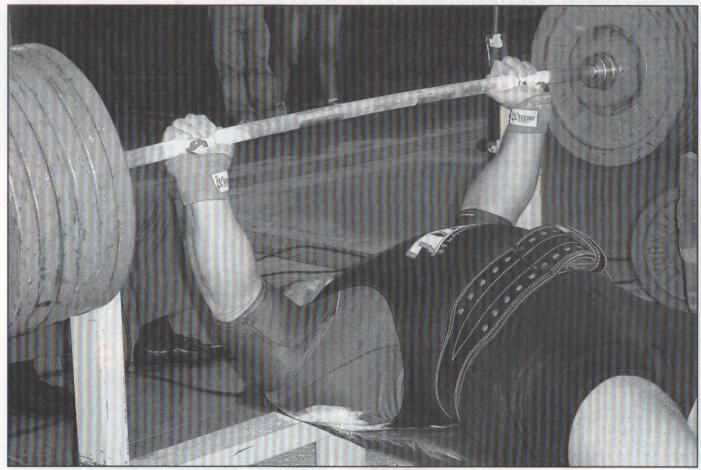








U.S.P.F. SENIOR NATIONALS



JEFF PESHEK ... took the \$2500 prize for the Biggest Bench Press of the Meet. (photographs by Chuck Venturella courtesy of Matt McCase)





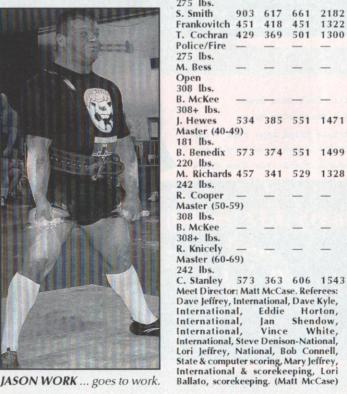
SCOTT SMITH ... had the biggest successful squat of the meet, with a 903 lb. lift in the 275s, and ED COAN totaled 2193 in the 242s.

			The Land							
USPF	Sr./N	Iulti-Nationals								
19 AU	G 06	- Chester, WV	275 lbs.	198 lbs.	242 lbs.	275 lbs.	220 lbs.	L. Stinsor	,	479
BENCH		A. Harman 369	Lazzareschi 540	J. Harman 352	A. Harman 523	M. Bess	V. Baker 220	159 2	270	650
FEMALE		275 lbs.	Junior (20-23)	308 lbs.	275 lbs.	429	Open			
Master (70-	79)	Lazzareschi 540		B. McKee —	A. Courtney	Master (40-49)	181 lbs.			
148 lbs.		308 lbs.	J. Compton 507		308+ lbs.	181 lbs.		165 2	297	777
	71	J. Peshek —			B. Siders 815	B. Walker —	MALE	Wisday.		
MALE		308+ lbs.	220 lbs.	L. Muscedere	Junior (20-23)	220 lbs.	Junior (13-15)			
		B. Siders		THE RESERVE OF THE PARTY OF THE	198 lbs.		114 lbs.			
) 242 lbs.	DEADLIFT	C. Sias 385	501	T. Green 209	148 2	253	611
		181 lbs.	M. Modesitt 501		308 lbs.	Master (50-59)	165 lbs.			
181 lbs.		B. Masello 523			A. Grass 474	198 lbs.	K. McPeak 358	253 4	107	101
B. Masello	523	Police/Fire	275 lbs.	148 lbs.	Submaster (35-39)		Junior (16-17)			
198 lbs.		198 lbs.	Lazzareschi 540		220 lbs.	474	165 lbs.			
S. Cook	_	S. Cook —		MALE	A. Leach 534	181 lbs.	C. Hayes —			
198 lbs.		242 lbs.	I. Peshek 744	Open	242 lbs.	M. Brady	Junior (18-19)			
S. Cook		D. Smiley 474		165 lbs.	D. Smiley 628	512	165 lbs.			
242 lbe		P Harbort			Police/Fire	Master (60 60)	A Buelchart			

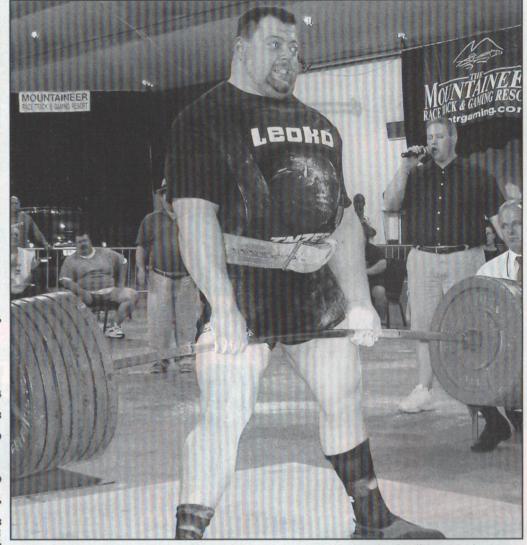


JESSICA PORTER - Best Female

181 lbs.				
B. Snodgrass	286	264	429	981
198 lbs.				
J. Bailey	451	352	451	125
275 lbs.				
M. Bartos	_	-	-	-
Junior (20-23	3)			
148 lbs.				
K. Sofka	352	187	385	925
181 lbs.				
M. Muchek	485	242	507	123
242 lbs.				
D. Westfall	501	402	529	143
275 lbs.				
M. White	573	418	507	149
M. Bess	-	-	-	-
Open				
181 lbs.				
B. Benedix	573	374	551	149
220 lbs.	054	-01		200
M. Mastrean	854	501	/11	206
242 lbs.	0.70		010	210
E. Coan				
E. Steiner				
J. Work				
Boczcowski	584	407	518	151



JASON WORK ... goes to work.



BRIAN SIDERS ... had trouble in the bench with 771, but came back in the deadlift to win the \$2500.

DKIAN SID	EKS.	Hau	HOUL	ne iii u			
275 lbs.							
S. Smith	903	617	661	2182			
Frankovitch	451	418	451	1322			
T. Cochran	429	369	501	1300			
Police/Fire	_	-	-	-			
275 lbs.							
M. Bess	_	-	-	-			
Open							
308 lbs.							
B. McKee	1000	-	-00	- 154			
308+ lbs.							
J. Hewes	534	385	551	1471			
Master (40-4	19)						
181 lbs.							
B. Benedix	573	374	551	1499			
220 lbs.							
M. Richards	457	341	529	1328			
242 lbs.							
R. Cooper	_	_	_	-			
Master (50-5	(9)						
308 lbs.							
B. McKee	-	-	-	-			
308+ lbs.							
R. Knicely	-	_	_	-			
Master (60-6	9)						
242 lbs.							
C. Stanley							
Meet Director: Matt McCase. Referees:							
Dave Jeffrey,	Intern	ational	, Dave	Kyle,			
Internationa	al,	Eddie	Hor	ton,			



MIKE MASTREAN ... posted a nice 854 squat and a win at 220 lbs.









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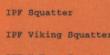
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Triple Black Line 2.5m Wraps

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All Black 2m Wraps

Double Black Line 2.5m Wraps

Double Black Line 2m Wraps

WRIST WRAPS



All Black 80cm Wraps

Triple Black Line 80cm Wraps
Triple Black Line 60cm Wraps

Double Black Line 80cm Wraps
Double Black Line 60cm Wraps

PRO BRIEFS



Ace Pro Briefs
Pro Viking Briefs
Pro Briefs



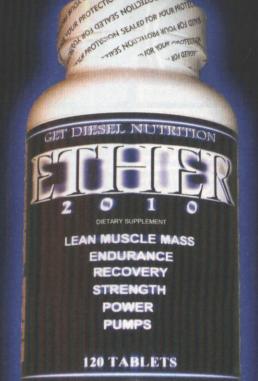
Travis Mash -2414 lb total

Donnie Thompson -2606 lb total

One month from now you probably will be reading reports like this:

Users who were benching 225llbs 6X jumped to 250lbs 10X! Users who were deadlifting 315lbs 5X jumped to 350lbs 8X! Users who were squatting 225lbs 3X jumped to 275lbs 6X!

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previous years. Despite the lack of across the board.

At 114 Ervin Gainer won another USAPL National title with a 6/9 performance and an 1179 total. Ervin had close misses at all of his 3rd attempts that kept him from going over 1200. Fresh out of the Junior division Jeremiah Welch was a good bit back in 2nd place with a 909 total but showed promise by going 7/9 including 3/3 in the honch

Only one entrant at 123, but he made up for it with some big lifts. 2005 World Silver Medalist Doc Holloway demonstrated a platform maturity beyond his age. In recent years Doc has shown flashes of excellence mixed in with some surprising misses. This year Doc took a large step forward towards becoming a World Champion. All of his openers were conservative with were dispatched efficiently. After passing his 3rd squat, the only hiccup was more than he could handle on on Doc's scorecard was a 3rd attempt this day. That 512 pull by Hennis DL at 606 that wasn't too far off. was a classic example of a champion 148 that had room to spare. After pushed Wade slightly out of his groove the 132's as well.

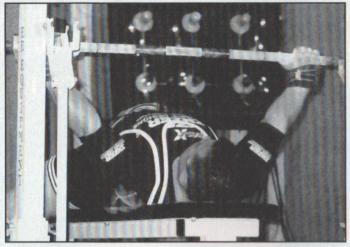
Speaking of the 132's, four

in the squat, Junior lifter Jonathon to make eight straight attempts war with longtime National class, Wade will look to join that Bareng made an additional attempt culminating with a class high 595 competitor Kenny Davis for 5th exclusive group in Norway this in each discipline to finish with a DL that caught Matsumoto for 2nd place. Both lifters opened at the November nice 3/3 deadlift and 3rd place on bodyweight. This kid has same weight in the squat and bench, overall. The battle for the 132 LB ENORMOUS potential. Maliek's made 4/9 attempts and finished including a couple of powerlifting's title came down to the wire in an exciting finish. Newly into the Master division, former ADFPA Collegiate division, former ADFPA Collegiate division. It's hard broke the 1400 barrier to finish in behind former World Team Member hit three nice squats ending at 496. because he has been breaking member Mike Cagliola hit a big joined the Masters ranks but showed Defending champ Hennis National records for so long but he 418 bench and totaled 1450 to that he is still competitive at the Washington, who came in nursing a is still only 22 yrs old. Caleb put on take the bronze medal. Jaime Open level with a 7/9 day to take a back injury suffered at the 2005 a show from start to finish. An easy Schupbach was only able to register

left with just an opener in the bench, Hennis had an 82 LB subtotal lead and a bodyweight advantage. That lead dwindled down to a scant 11 LBS after the opening round of deadlifts. Sherman Ledford of Quest Nutrition, carefully orchestrated Hennis' DL attempts to get every pound that he could while attempting to push Eric to numbers out of his reach. The strategy worked with Hennis pulling a tough 512 3rd attempt that forced Eric to 601 which

The 2006 USAPL Seniors had a significantly smaller turnout than 2006 USAPL SENIORS the jury he was granted a 4th attempt that was turned down for lack of

quantity, the quality was still evident as told to Powerlifting USA By Dr. Patrick Anderson to pull 628 and even try 661 so a



good size 2nd attempt jumps that Wade Hooper with one of his two new IPF World Records for the day.

the IPF Worlds.

the title. In 4th, Abd Elazez El Komy Matsumoto, hit 3rd attempts in both the top. Caleb is fast approaching and just grinded it out for a monster struggled from the start. After being the squat and bench after missing 1800 as a Junior lifter at 148 LBS, 1290 subtotal. Wade's easy opening a no-show for his opening squat, El the same or less weight on 2nd Komy walked into the venue with attempts. Matsumoto rode a big sets up a very interesting match up jump to 595 popped out of his hands. his belt on his shoulder about half 413 bench to 3rd place and nearly way through the first attempts in the 10 times bodyweight in the total. Worlds. squat. After a couple of quick warm- Teenage phenom Maliek Derstine ups and throwing on a suit and made his Seniors debut a memorable fray at 165. Phillip Wells finished in he is now just 16 LBS from the WR wraps, he got in the meet on his 2nd one. Having to repeat his opening 7th place, 10 KGS ahead of Edil total as well. Currently Poland's but finished with a tough 4/9 day. squat, Maliek decided he didn't like Deleon. Former Collegiate lifter Jaroslav Olech at 148 is the only After making only his opener the color of red lights and proceeded Huaiyu Tan had an all out tug-of-lifter to hold 3 out of 4 WR's in one National champion Eric Kupperstein to believe Caleb is still a Junior 4th. Former Junior World team John White of Ohio. John recently Worlds, was able to register 523 639 squat opener, was followed by openers in the first two lifts but with a miss at 551. After Eric was a 2nd at 683 which was turned finished up strong with 578 in the



Sid Reid, Tony Reid (3rd at 181), Mitch Edelstein (2nd at 220) and **Cheryl Anderson** (Mtich's coach/training partner)

Look for Doc to become the first stepping up under pressure. Hennis a bad miss at a 435 opener in the and was grabbed by the spotters. U.S. 123er to go over 1400 in the was clearly not 100% but showed bench, Caleb came back to hit 435 After missing his opening very near future. Doc's 1356 total that extra will to succeed that sealed was impressive enough to have won the victory and a trip to Norway and to lockout. A 584 2nd attempt DL in the meet. From there Wade gave Caleb a PR 1753 total and a added his 2nd WR of the day with a A trio of lifters did battle at big jump to 622 was moving nicely 534 bench. The lift was tough but lifters took to the platform to contest 148. Master lifter Derron before popping out of his hands at Wade was locked into his groove those are unheard of numbers and pull gave him 1850 but a modest with Poland's Jaroslav Olech at the Five LBS was added to the bar and

pull to nearly reach 1500 and take the runner-up spot in the class. Eriek Nickson, was on fire in the squat, going 3/3 ending with 633. Things went awry for Eriek in bench with 413. He appeared have some groove problems more than strength being the issue. The 3rd attempt was turned down by the judges 2/1 but after an appeal to Teen II

pause on the chest. Eriek went on 1700 total is in the cards for next years meet.

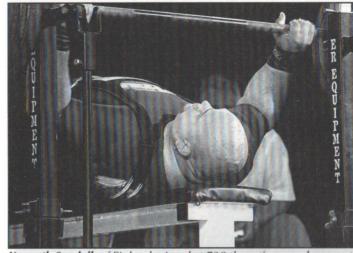
The winner in this class was a foregone conclusion but the margin of victory (396LBS) was stunning at this bodyweight. Two-time World Champion Wade Hooper had his best performance ever. For comparison sake, Brian Siders would need to win the Supers by about 530 LBS to equal the percentage of Wade's victory. Wade dispatched his 716 opener in methodical fashion. To put this in perspective the WR in this class of 724 by Ausby Alexander stood for over a decade until 2002. Wade is just about ready to open with that weight and then some. Wade jumped to 755 on his 2nd to break his own WR of 749 that was set at last years Seniors in Killeen. This was a classic Hooper squat, steady controlled descent, a dip below parallel and a steady ascent with a slight sticking this time Wade held on tight to finish Nine lifters stepped into the with two WR's, a PR 1890 total and

Six lifters did battle at 181

(continued on page 56)

USAPL Men's Nationals 6-9 JUL 06 - Miami, FL

1	BP INVITATIO	DNAL	J. Baum	242
	FEMALE		198 lbs.	
	123 lbs.		Open	
,	Teen III		J. Townsend	501
	B. Carlson	187	J. Ulvang	380
į	MALE		S. Shalkowsk	i —
	123 lbs.		D. Cieri	-
1			220 lbs.	
ľ	A. Kraft	396	Open	
ĺ	R. Mora	203	M. Ferrantell	i584
	148 lbs.		D. Currence	462
	Open		Master I	
,	E. Olmstead	308	H. Gerard	490
1	165 lbs.		242 lbs.	
	Open		Open	
	G. Rubin		C. Calvano	490
	181 lbs.		275 lbs.	
	Open		Open	
	M. Vantes	396	J. Dundon	501
,	Teen II			



Kenneth Sandvik of Finland missed at 738 three times and was out.





Gundula Von Bachhaus ... (GER) Putten-NED 463 463 507 463



Punar-NOP

Flimel-SVK

220 lbs.

Sunday

242 lbs.

275 lbs.

Saturday

Rast-GFR

Runar-NOR

Flimel-SVK

Chamizo-ESP 485 485

Tiensuu-FIN 529 529

Riis-DEN

220 lbs.

Wiak-POL

Lehto-FIN

242 lbs.

Poirier-FRA

Lange-GER

Kasa-HUN

275+ lbs.

Lehto-FIN

Fjoren-NOR

Fisker-DEN

Westerhol-FIN 507 507 534 507

Denesz-HUN 463 474 490 474

Koltonski-POL 562 573 573 562

Hergott-FRA 496 518 551 496

Herbert-FRA 573 573 -

Scheiber-AUT 529 534 551 551

Leesmann-EST 529 540 551 -

523 540

551 551 551

567

Gonzalez-ESP 540 551 556

Hirvonen-SWE 639 639 639

Birkedl-NOR 573 578

Svensson-SWE 738 749 749

Sandvik-FIN 738 738 738

Staerkjae-DEN 595 595

485 485 485

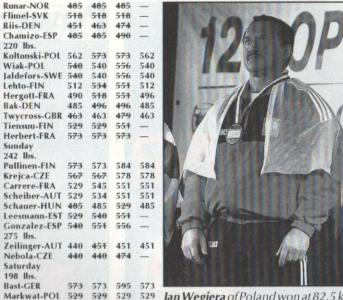
451 463 474

518 518 518 -

490

518

Best Lifter (a	at lef	t) lelj	a Stri	k (NDL)
Kovacs-HUN	187	242	253	187
MALE -				
Friday				
114 lbs.				
Wrona-POL	330	341	352	341
Wszola-POL	308	336	347	336
Bene-HUN	231	248	253	248
123 lbs.				
Owsiany-POL	319	330	352	330
Kolsovsky-SVK		319	347	319
Nazgaidz-GEO	264	319	319	264
132 lbs.	0.00	200		
Bacinsky-SVK	352	363	374	374
Chrzanow-POL		352	358	358
Javakhish-GEO		352	352	352
Nielsen-DEN	330	347	347	330
Addenet-FRA	325	325	347	325
148 lbs.	120	420	420	420
Selberg-SWE Garcia-FRA	429 396	429 407	429 418	429 407
Sitruk-FRA	374	374	391	374
Nikkila-FIN	418	418	418	3/4
165 lbs.	410	410	410	
Schick-GER	518	529	551	529
Cucuzzela-FRA		440	451	451
Bertin-FRA	165	402	418	418
Hedman-SWE	440	440	440	_
Liimataine-FIN	10 5 T	485	485	_
181 lbs.				
Wegiera-POL	529	551	573	551
Urban-SVK	490	507	518	507
Pinguet-FRA	451	462	474	474
Vikla-FIN	440	440	468	468
Zeilinger-AUT	440	451	451	451
Nebola-CZE	440	440	474	_
198 lbs.				
Bast-GER	573	573	595	573
Markwat-POL	529	529	529	529
Wetzstein-AU1	518	518	529	518
Westerhol-FIN	507	507	534	507
Denesz-HUN	463	474	490	474
Encinas-FRA	463	474	485	474
Diesen-NOR	463	463	474	463



Jan Wegiera of Poland won at 82.5 kg.



Furesund-NOR 595 606 617 617 The Russians & Ukrainians .. absent



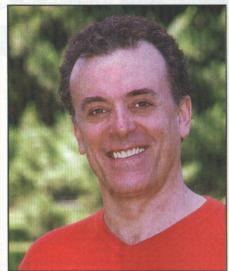
Pierrette Demuth LUX, Alain
Hammang LUX, Hans Ouden NED, POL, Roman Szymkowiak POL, Michal Capla Anett Langva NOR, Marek Kruszewski SVK, Bengt Wingladh SWE.



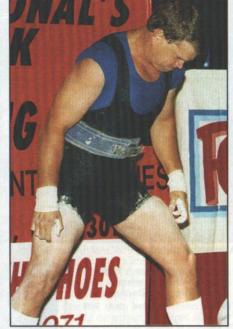
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www.gorilla-nutrition.com

POWER STUFF



ISSA (the International Sports Sciences Association), the Santa Barbara, California-based fitness education provider that certifies personal fitness trainers (since 1988) recently appointed Adrian Hutber (above) Vice President of Program and Product Development. Formerly the Director of the Human Kinetics Health and Fitness Education Division (1999-2005), he has a PhD in Exercise Physiology and is a Senior Instructor for the American Karate-Do Shotokai organization. According to Dr. Sal Arria, CEO of ISSA, "His commitment to excellence in fitness not only in his professional life, but also in his personal life, makes him the ideal individual to be responsible for the development of quality fitness programs and products for our members."



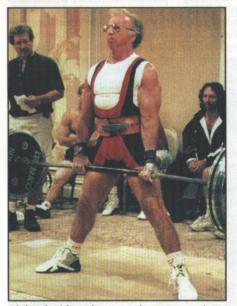
Any Century Club Members Out There?... Ted Butler started powerlifting over 20 years ago. He didhis 100th meet on 6/8/05. Those first 100 events consisted of 56 full power meets, 15 push/pull, 18 deadlift and 11 bench meets. During that time, he has won 2 International Law Enforcement Games, 2 WABDL Worlds, the USAPL National Masters, WNPF World Deadlift, and 25 total Alabama State Championship meets. At 50 plus, he has made the PL USA TOP 100 at 198 and the TOP 20 for the Masters. He will be 60 years old in a few months, and is working on his 2nd 100 meets, and would like to hear from other "Century Club" members (usapwrlifter@yahoo.com)



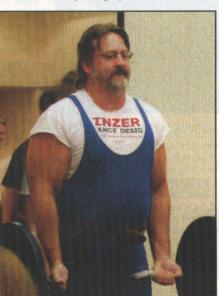
John Morrow has been awarded an official citation in the Guinness Book of World Records in the category of the most pushup done on the back of the hands in one minute ... a total of 123. This feat was achieved on May 5, 2006 after the 40th day of a fast, at the age of 54. Mr. Morrow, who was inducted into the USA Martial Arts Hall of Fame in May of 2005, is a sixth degree black belt. He currently directs the Morrow Academy Of Martial Arts in Moline, Illinois (309-764-1929)



The 2006 Hardcore Barbell Team of Lewiston, Maine. "As a gym owner, promoter, powerlifter, trainer, and mentor of athletes for the past 25 years, I have personally come in contact with thousands of powerlifters, none of which makes me more proud to be associated with than this team: (front row, left to right) Ethan Baker (508 BP, AAPF @ 198), Randy Pushard, Scott Blanchard (2050 @ 220), John Pelletier (677 SQ @ 181), Andy Daignault, Kyle Davis (Jr., 655 529 633 1775 @ 242), back row (left to right): Steve Cote (Master, 45-49, 771 SQ @ 220), Tony Petrino (Master, 45-49, 705 WR BP @ 308), Chris Wiers (766 BP & 832 DL, largest push-pull total (1598) total all time @ 308), Russ Barlow (The Boss), Tim Lane (Master, 45-49, AWPC WR 760 SQ @ 308), Cory Nickerson, and missing Elite lifters Rob Trundy, Greg Brochu, Kathy Saunders, and Lynne Barlow" STAY HARDCORE, Russ Barlow. (thanks to Russ for the photograph and information)



Richard Gidcumb, currently 69 years of age, has won a total of 20 different World Powerlifting Championship titles since starting his competitive lifting career in September of 1996. His best lifts in competition include a 365 lb. squat, a 253 lb. bench press, and a 407 lb. deadlift, all in the 148 lb. class. During his lifting career, he has competed in 15 different states as well as Canada, and in 9 different organizations (I.P.A., A.P.A., A.P.F., A.A.U., W.A.B.D.L., S.L.P., U.S.A.P.L., N.A.S.A., and the Senior Olympics). While he trains 10-15 hours per week at his full home gym, in Silverwood, Michigan, during the past five years, he and his wife have found the time to hike the Grand Canyon, follow the Inca Trail to Machu Pichu in Peru, and travel to the bottom of a volcano in the Caribbean.



Eddie Akins, seen above while competing in the NASA Grand National Championships, held July 22nd in Pickwick, Tennessee. (this photograph provided to PL USA by Lori Akins)





POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular devel-

opment and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "power gap

that must be bridged for strength development beyond muscular hypertrophy and training effect.

STREE

TRAI

Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep head

slide over themselves in a ratcheting

movement, shortening and extending

Without chemical stimulation from

a motor neuron, muscular contraction

cannot occur. Without optimal chemi-

cal stimulation, maximal strength out-

To facilitate and optimize the above

process for strength gains, one can

increase area-specific calcium release,

increase the number of motor units

activated by a given motor neuron, or

increase acetylcholine production at

the Neuromuscular Junction. Two

vehicles can be used to further these

goals: training and supplementation.

searchers and scientists at the Univer-

sity of Connecticut have demonstrated

that high-intensity training, defined as

resistance training at a minimum of

90% Maximum Heart Rate (MHR), can

extend from the end of a given motor

neuron. In this manner, broader

connectivity increases the number of

motor units reachable by multiple mo-

tor neurons, resulting in greater muscle

fiber recruitment and strength output.

This is of particular value within larger

increase the number of branches that

As a sample of the former, re-

put cannot be generated.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle. 5) The calcium contacts the contractile machinery of the muscle (actin and

myosin), and muscular contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the **Future of Strength Development** as told to PL USA by Timothy Ferris, ACSM

and most easily fatiqued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports). Training, however.

is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylchoine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout (by increasing the amount of weight that can

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction. strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyOUICK Ithe only acetylcholinebased neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried.

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year Iachieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today Isquatted 715 deep for a double. It is understood that world-class

athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors. conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDAapproved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, www.adaptagenix.com or www.getbodyquick.com

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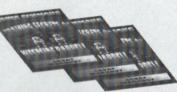
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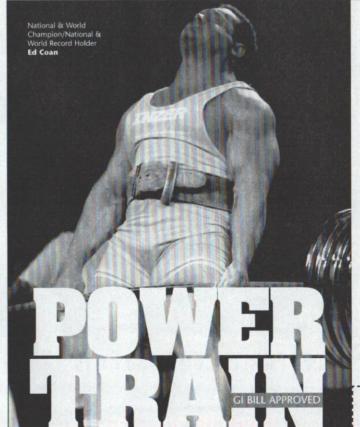
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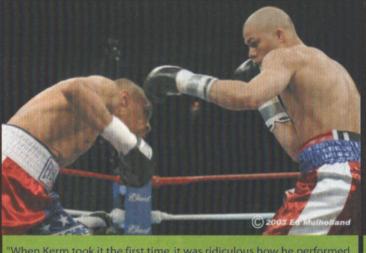
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Joe Pastore, Strength Coach, Team Cintron
Kermit "Killer" Citron, 24-1 (22 KO)



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Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting

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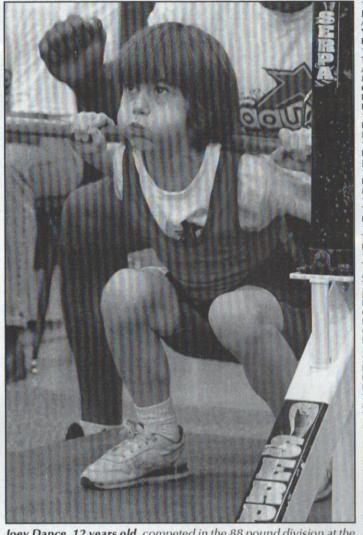
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29-30 JUL 06 - Portsmouth, VA BENCH Marmalyukov 55 FEMALE 165 lbs. Junior (20-23) 132 lbs C. Spirtos 181 lbs. Teen (16-17) 253 121 B. Rains BENCH Junior (20-23) 314 L. Spirtos Youth (12-13) MALE 220 lbs D. Ricker Teen (18-19) . Hoffmann 413 220 lbs. Junior (20-23) 66 lbs N. Hinkle 325 Kids (8-9) BP DL TOT FEMALE SQ 105 lbs Youth (12-13) S. Welcheck 143 66 148 358 132 lbs. Teen (16-17) A. Lamar 209 126 242 578 148 lbs. Teen (16-17) K. Myers 181 lbs. 187 132 203 523 Teen (18-19) C. Box 325 209 314 848 Youth (12-13) A. McCloskey 341 165 363 870 198+ lbs. Junior (20-23) C. Pusey 330 214 330 876 97 lbs Kids (10-11) A. Adkins 93 55 148 297 Teen (14-15) 143 71 154 369 R. Browning 114 lbs. Teen (16-17) T. Atkins 165 374 Teen (18-19) R. Weaver 176 88 259 523 123 lbs. Teen (14-15) 110 71 181 363 M. Thomas Teen (16-17) 181 126 203 512 K. Cates Youth (12-13) 115 66 187 369 A. Adkins 132 lbs. Teen (14-15) C. Buchanon 148 88 A. Howell 99 77 203 380 220 473 M. Fshleman 154 99 Teen (16-17) C. Yost 187 462. Teen (18-19)

AAU Junior Olympics



Joey Dance, 12 years old, competed in the 88 pound division at the AAU Jr. Olympics. (photographs provided courtesy of Judy Wood B. Kirchner 225 121 231 578 Teen (16-17) 165 lbs. C. Rebman 253 121 292 666

ASSOCIATION OFFICE COPY

ASSOCIATION OFFICE COPY
This is a membership application form. Complete all areas and return Part One to the address shown. For information on registration and program, call 1-800-AAU-4USA.

AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association. Adult Athletes in the Following Sports: comball, Cycling, tathlon, Multi-Events e, Softball,

ANNUAL MEMBERSHIP DUES	Regular Fee	"AB" Fee	Baseball, Biathlon Kayak, Gymnastic			
Youth Athlete	10.00	12.00	(Decathlon, Penta			L. Torino
Coach	12.00	14.00	Surling, Trampolin			
Volunteer or Official	12.00	Not Available	Adult Athletes Field Hockey, Flag			
Adult Athletes in the Following Sport	s: 10.00	12.00	Rugby, Soccer, W			Holler J.
Aerobics, Badminton, Baton Twirling, Bowling, Diving, Fencing, Golf, Jump Rope, Physical Fit Challenged, Racquetball, Rowing, Salling, Squ Swimming, Table Tennis, Tennis, Track & Fiek	ness, Physically lash,		Adult Athletes Chinese Martial A Adult Tae Kwo Adult Powerlif	nts, Judo, Juitsu on Do Athlet	and Karate	
AAU National Headquaters	SPORT CODE	ASSOCIATION CODE	MEMBERSHIP	CHECK ONE:	Athlete _	_ Co

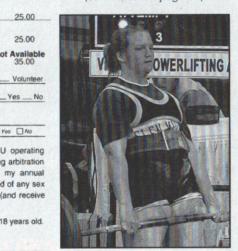
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AAU National Headquaters c/o The Walt Disney World Resort PO Box 10,000 SPORT CODE ASSOCIATION COD		MEMBERSHIP CATEGORY CHECK ONE: YOU	CHECK ONE: Athlete		Volunteer itYesNo			
Lake Buena Vista, FL 32830			Club No.:	Club Name:	E-Mail			
THE AI	MATEU	R ATHLETIC UN	ION OF THE UNIT	ED STATES, INC.	ARE YOU ALREAD	Y COVERED WITH HEALTH & AC	CIDENT INSURANCE?	☐ Yes ☐ No
Date of Birth	Age	Sex Ap	plication Date Soci	al Security Number		e bound by the AAU (nd policies, including but		THE RESERVE AND ADDRESS OF THE PARTY OF THE
First Middle Last				membership	ase and indemnity of t dues, I certify that I have	never been conv	icted of any sex	
Address				offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office. NOTE: Parent/Guardian signature required if member under 18 years old.				
City State Zip Code								

ı	Junior (20-23)				
ı	A. Marrow Youth (12-13)	264	192	319	777
i	F. Wilson	55	82	154	292
۱	198+ lbs. Teen (16-17)				
ı	Teen (16-17) A. Reilly	159	165	341	722
à	MALE	139	103	341	122
۱	66 lbs.				
ı	Kids (8-9) K. Adkins	49	121	126	250
	105 lbs.	47	121	120	239
ì	105 lbs. Kids (10-11)				
	N. Litowsky 114 lbs.	192	115	225	534
d	Kids (10-11)				
		137	82	176	396
	132 lbs. Kids (10-11)				
i i i	M Hughes	236	121	242	589
	165 lbs.				
	Teen (14-15)	275	165	314	755
	R. Dodds 181 lbs.	2/5	165	314	/33
	Teen (18-19)				
	R. Lamar 198 lbs.	187	181	358	727
	Teen (14-15)				
	A. McCloskey	529	374	578	1482
g	Teen (18-19)		242	462	1118
	J. Skyefte Raw	413	242	462	1110
9	66 lbs.				
	Kids (10-11)	02	55	121	270
	C. Amstone Kids (8-9)	93	33	121	2/0
	N. Amstone 77 lbs.	93	46	110	250
	Kids (10-11) B. Griffin	110	66	154	330
	B. Griffin R. Marmalyuk	ov	88	60	137
	286 88 lbs.				
ú	Youth (12-13)				
9	J. Dance	137	82	189	410
	J. Tipton	4th-SQ 137	82	BP-88 187	407
	The state of the s	4th-\$0		107	707
	S. Evans 97 lbs.	126		192	380
	97 lbs. Kids (8-9)				
ı	R. Nelson Jr	93	71	137	303
3	407 11	4th-SC	2-110	BP-73	
9	105 lbs. Teen (14-15)				
	T. Donnelly	137	88	203	429
e	1een (10-17)	100		253	
1)	F. Lorono	4th-SC	115	DL-26	0
	Youth (12-13)				
	V. Romett	198	110	220	529
	114 lbs. Teen (14-15)				
	J. Grubbs	209	141	292	642
	Teen (16-17)	4th-DI	L-299		
	H. Foster	187	137	231	556
				DL-24	
	Youth (12-13)				

(continued on page 60)

25.00

25.00



Caroline Pusey of Maryland was competing in the Junior category

	AU N			1100	
24-25 JU	N 06 .	 Cata 	squa,	PA	建設保護士司工士
FEMALE 105 lbs. Teen (12-13)	SQ	BP	DL	тот	
Zimmerman 114 lbs.	155	100	215	470	19
Junior (2-23) J. Neziri	195	110	235	540	
Teen (12-13) S. Snyder	125	85	175	385	
Youth (8-9) A. Wright		80	160	360	
123 lbs.	4th-SQ	-135			AHH
Teen (16-17)					
S. Schlofer 132 lbs.	160	85	210	455	
Open/Teen (1	2-13)				A TOTAL STATE OF THE STATE OF T
T. Tshudy	190	110	255	555	建国际建筑
	4th-DL	-270			
132 lbs. Open	olde i				
E. Signor 148 lbs.	170				
Master (50-54					
C. Morrison	160	95	220	475	
165 lbs.					ALC: NO THE REAL PROPERTY.
Submaster (3:					
Z. Margerger	160	105	205	470	12.23.24 10.25 10.00
SHW					
Open					日 二二二 智道教育
T. Bukousky	225	185	385	795	
MALE					THE RESIDENCE
132 lbs.					
Teen (18-19)					
M. Kyler	280	135	355	770	
148 lbs.					
Open					是是自己是1
M. Kuhns	550	330	385	1265	工作的是发生
J. Martucci	375	235	425	1035	医影響器器 医克利斯氏
Teen (18-19)					日本本語書 法共大人政治
C. Bloom	340	235	430	1005	经有名的基本证明
Master (60-64	1)				自由国际 在工程 在 图 图
P. Griffith	390	235	365	990	国报总统 在表示 3 · 图 图
Open					· 基础是在 经基本证
M. Pinkos	240	210	315	795	基度是基金基金
165 lbs.					建建工业业工工工工工
Open/Master					经国际发生的 经支票
R. Cruz	480	290	500	1270	D 0 D 1116
Open		0.00		4400	Day One Best Lifte
J. Stazer	415	250	515	1180	
M. Trapani	395	240	500	1135	Teen (18-19)
Teen (14-15)	215	220	420	065	J. Moon 350 1
D. Colletti	315	230	420	965	Junior (20-23)
Open D. Caliman	220	215	420	965	J. Knipple 315 2
D. Calimer	320	215	430	903	D. Kelly 270 1
Teen (18-19) Dfarkas	305	235	400	940	Teen (14-15)
Master 960-6		233	400	240	A. Simeone 265
I. Bonacci	310	195	355	860	Special Olympics
181 lbs.	310	133	333	000	C. Maurer 165
-					198 lbs.
Open J. Braca	480	330	630	1440	Open P. Massey 500
D. Teeter	510	325	575	1410	R. Massey 500 3 S. Volo 500 3
Open/Master			3,3		
L. Stires	425	335	520	1280	
Open/Junior		333	520	1200	Submaster (35-39) E. Kelly 375
Hersperger	420	315	525	1260	
Master (40-4		3.3	323	.200	Open/Master (50-54) D. Kuhns 415
H. Asch	455	270	460	1185	Open/Master (45-49)
Open/Master				Stalls.	W. Mason 350
J. Orengia	370	255	505	1130	Open/Junior (20-23)
Master (45-4					D Thompson 325



470

425

325 240 450 1015

D. Heintzel 330 265 485 1080

250

Junior (20-23)

Master (50-54)

Master (60-64)

E. Dingley 345 250 Houseknecht 345 290

Stephanie Schlofer in 16-17, 123s

Athletes [SFL]

ters: lill Neziri (540 @114) & Mike Kuhns (165 @ 148)

Day One Bo	estLi	ters:	IIINe	ZIII (54
Teen (18-19)				
J. Moon	350	175	460	985
Junior (20-23)				
J. Knipple	315	225	370	910
D. Kelly	270	170	345	785
Teen (14-15)				
A. Simeone	265	175	320	760
Special Olym				
C. Maurer	165	175	285	625
198 lbs.	.00	.,,	200	020
Open				
R. Massey	500	375	575	1450
S. Volo	500	305	500	1305
C. Contakos	470	300	530	1300
Submaster (3:		300	330	1300
E. Kelly	375	320	475	1170
Open/Master			4/3	1170
D. Kuhns	415	280	440	1135
	(45-49		440	1133
Open/Master			430	1110
W. Mason	350	33	430	1110
	(20-23)	245	510	1080
D. Thompson	325	245	510	1000
Master (55-59		200	450	1000
J. Nealis	330	300	450	1080
D. Thompson	280	240	405	925
Junior (20-23)				-
M. Neziri	235	225	330	790
Master (70-74		THE STATE OF		MAN TO SERVICE
S. Contakos	200	1002	80	580
220 lbs.				
Open				
B. Royer	550	400	600	1550
B. Ramage	450	325	540	1315
S. Bray	435	375	455	1265
J. McDonald	400	315	430	1145
Open/Master	(45-49			
L. Creatura	560	375	555	1490
Master (50-54	1)			
S. Caldwell	435	305	560	1300
Open/Master	(40-44	1)		
P. Huntley	430	305	490	1225
Teen (18-19)				
S. Peters	350	205	440	995
Teen (16-17)				
C. Caldwell	300	175	400	875
Teen (14-15)				
T. Yarrington	300	200	400	900
242 lbs.				
Open				

535 350 640 1525 550 330 550 1430 B. Keener J. Storch Open/Master (40-44) E. Kutin 465 465 355 Open/Submaster (35-39) G. Lewis 480 325 480 325 560 Master (55-59) C. Crider 45 455 225 465 1145 Open J. Raebiger 350 215 480 1045 Master (65-69) A. Siegel 24 245 170 350 765 275 lbs. Open M. Christian 610 430 665 1705 B. Faenza 575 400 J. Wilgus 455 355 Open/Submaster (35-39) 455 355 530 1340 D. Raybuck 585 350 615 1550 Open/Master (40-44) J. Lawson 450 325 600 1375 Master (45-49) 365 410 370 1145 S. Lang Jr. 319 lbs. Open
D. Corridean 615 435 720 C. Eckroth 485 355 635 1475 C. Amstone 475 285 545 1305 Open/Master (40-44) B. Birnbaum 550 350 685 1585 lunior (20-23) P. Tompkins 505 360 540 1405 These lifters passed their drug tests: Howard Asch, Daniel Corridean, Ryan Massey, Brian Faenza, Ben Ryer, Leonard Stires Tammy Bukousky, Michael Christian, Samuel Volo, Jill Neziri, and Lenny Creatura. (Thanks to Al Siegel for results)
The 2006 AD AU National Powerlifting Championships was a resounding success!
For the eleventh year in a row, the Twin
City Powerlifting Team partnered with the Suburban North Family YMCA in Catasauqua, PA, to host a fund raiser powerlifting meet! This year's ADAU PL Nationals featured quality raw lifting and intense competition by drug-tested ath-

the establishment of thirty four American records! Here are the highlights of the meet: Best Female Lifter, Jill Neziri, of Brooklyn, NY, with four lunior American Records of 195 squat, 110 bench, and 235 deadlift for a 540 total and first place in the Junior 114. Best Lifter Light Mike Kuhns, of Whitehall, PA, set six American records in the Open and Junior squat, bench, and total, with lifts of 550 and 330 for a 1265, and for first place in the Open 148s. Big Dan Corridean, of Odenton, MD, took the Dan Corridean, of Odenton, MD, took the Best Heavy Lifter on Sunday with a 615 squat, 435 bench, and an awesome 720 pull, for 1770 to take first place in the 319 class. Another highlight of the meet came on the first day when Allan Siegel, Presi-dent of the Anti-Drug Athletes United, who earlier that day had won his twentieth national title, was recognized by Nick & national title, was recognized by Nick & Cathy Theodorou of Nutritional Technologies, for his twenty five years of dedicated service to the sport of drug-tested power-lifting. Al underwent open heart surgery only four months ago and still set four age American Records in the 242 class! Congratulations, Al! A terrific group of ten women started us off with some very impressive lifting that resulted in fifteen American records being set! Adrianne Zimmerman, of Clearfield, PA, an accomplished lifter at the young age of 13, made a 155 squat before just missing an age AR of 165. Undaunted, she proceeded to increase her own 12-13 age ARs with a 100 bench and a 215 deadlift, for 470 to take first place in the 105s. Nine year old (yes, 9!) Avree Wright of Annville, PA, set age ARs of 120, 80, and 160, for a 360 total for first place in the Youth (8-9) 114s. She also made a strong 135 squat on a fourth attempt! Samantha Snyder, of Clearfield, PA, missed two age AR attempts in the square but put together nice lifts of 125, 85, and 175, for 385 and first in the 12-13 114s. The real highlight of the women's flight was Best Female Lifter Jill Neziri, of Brooklyn, NY. Jill is a real fireball on the platform who put on a great show by making all nine lifts and setting Junior ARS of 195, 110, 235, for 540 with room to spare to win the Junior 114s. Local athlete Stephanie Schlofer, of nearby Catasauqua, PA, was coached by

(continued on page 61)



resulted in a very entertaining show and Joe Braca pulling a 630 lb. deadlift.

Q: I have heard from some of your clients that you are really big on them eating avocado. A couple told me you have them eating at least 1-2 avocados every day. Why is that? I thought they weren't good for you because they are high in fat. I would like to know how they could be implemented into a nutrition plan because eating them straight would be pretty boring. Let's hear some of those secrets and give us some of your favorite recipes too. Suzy "Power Mama" Michaels

A: I like avocados a lot, not only in the nutrition plans of my athletes, but I also eat them daily. For most people avocado is eaten with a salad or in guacamole, but that's not the only way. Let's take a look at some of the different benefits avocados can offer you.

Health Benefits of Avocados

- Avocados are high in oleic acid, which is also prevalent in olive oil
- · Oleic acid can help lower your bad or LDL cholesterol levels and with the way most lifters eat junk food you all better be listening!
- · Eating avocados can also help increase your good or HDL cholestero • One study showed that in only 7
- days of eating avocados, the subject's HDL cholesterol increased by an amazing 11% and they had a noticeable drop in their LDL cholesterol.

Others say

it's the best

supplement

they've ever

used!

MUSCLE MEDIA publisher Bill

Phillips once called this product

PURE CRAP!! Many others think it

supplement they've ever used. So

is the most astonishing bodybuilding

which is It? Now you can decide for

yourself without risking a penny. We

dare you to conduct your own test.

www.Fosfora.com/pl

NUTRITION

Power Nutrition Q & A

by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

you should also be paying attention. High levels of oleic acid can help prevent breast cancer.

- · Avocados contain the highest amount of Lutein of any fruit
- · Lutein is a potent antioxidant that helps fight free radical
- · Eating avocados can actually help you lower your blood pressure. I bet you didn't know
- · This is due to the fact that avocados are high in potassium. Most lifters usually take in way too much sodium and way too little potassium which causes an electrolute imbalance
- · Avocados are also very high in Folate, an important nutrient in maintaining a healthy heart.
- · One cup of Avocado contains almost 25% of your daily needs for Folate intake! · Numerous studies have shown
- that consuming a diet rich in Folate can have a dramatic effect in • All you Power Vixens out there reducing your chances for a heart

You Be

The Judge

Some call it CRAP!!



Anthony Ricciuto this is the Man Behind NutritionXP3.com attack and a stroke

- · This is important for lifters since the majority, in my opinion, do not take care of their cardiovascular health. This is why we see the symptoms of heart disease in so many lifters and also the high number of heart attacks that plague members of our sport. · Eating avocados can also be
- good for prostate health. You older lifters or "Pharmaceutically Enhanced" lifters out there should take note · Studies have shown that those
- that eat a lot of avocado have less chance of getting prostate cancer.
- This is due to the fact that the key nutrients in avocados can help inhibit prostate cancer cell growth.
- · What makes this more interesting is the fact that it inhibited both androgen independent cancer cells and androgen dependent cells as
- · What amazed researchers is the fact that when they exposed prostate cancer cells to Lutein alone it did not produce the results that they were looking for. This is because Lutein alone did not prevent cancer cell replication and growth as they thought it would.
- Researchers then realized that Lutein was not the sole champion in this war on cancer but the complete matrix of tocopherols and carotenoids in avocado was needed for its synergistic effect to eradicate prostate cancer cells.
- · Another key to this puzzle was also revealed. Researchers realized that the high amount of monounsaturated fat in avocado plays a key role in this anti-cancer synergy.
 • They also discovered that
- Carotenoids are fat soluble. For the layman, this means fat must be

present to make sure that the carotenoids will be properly absorbed into the bloodstream with efficiency

- · What makes researchers excited is that avocado contains all of these very important nutrients and their transport systems all in one complete
- If that is not enough for you to start eating them, then I don't know
- · One of the best ways to consume your avocado is in salads. This will not only taste good but there is another very important reason why you should do this
- · When you consume cartenoid rich foods like vegetables it is better to take them in with a healthy form
- This is because cartenoids are fat soluble so by taking them in with a nice amount of monounsaturated fat like which is present in avocados it may actually increase the bioavailability and absorption of these nutrients. · Studies have shown that by eating
- avocados with your salads that contain different vegetables an actually increase the absorption of key cartenoids like Lycopene, Beta- Carotene, Alpha Carotene, Lutein and more
- · This means that you will be able to better absorb the nutrients that your body needs to keep you healthy just by simply adding some avocado to all your salads

SEE I TOLD YOU THEY WERE GOOD!

Avocadoes are among the healthiest foods on the planet. I eat at least one avocado every day. I can see all the whiners out there talking about how it just doesn't taste good. Or you will complain how it's one of those impractical foods that you really can't take advantage of eating daily. I will prove you all wrong. I decided to include some of my favorite avocado recipes for all of you to enjoy. What good is it to talk about all the health benefits, only to leave you hanging when it comes to implementation? If I did that I am sure that 90% of you will just read the article, and then yell over to your wife how you should be eating more of them because they are good for you. That will be just about all you will do unless you have a game plan to make them part of your plan. With the recipes I have ncluded below there will be no reason why you can't start eating them. There may be some of you out there that don't like the taste, but I just love it. They not only speed up fat loss through their positive affect on your thyroid, but they also help reduce carb cravings when on low carb diet. They have made low carb dieting a much easier chore and without them there is a night and day difference. Try some these recipes. You won't be disappointed, as they are all very

(continued on page 30)



(continued from page 28)

Avocado Recipes you are Guaranteed to LOVE!

"Power Me Up" Avocado-CRAB- GRAPEFRUIT- SUPER SALAD Ingredients:

avocados

1.25 pounds of diced crab meat 3/4 cup pecans

1 cup Kraft Fat Free mayonnaise 2 Teaspoons sugar free ketchup 1 dash of Worcestershire sauce

2 cups of Romaine lettuce 1.5 cups of halved grapefruit

sections 2 chopped hard-boiled eggs

15 black olives Instructions:

1. Cut the avocados in half and remove the seeds.

2. Combine the crab meat with the pecans, mayo, ketchup and Worcestershire sauce

3. Spoon mix into the avocados 4. Serve on a bed of crisp lettuce surrounded by grapefruit sections and garnished with chopped eggs and black olives

When I tell most lifters to eat a salad they have very little creativity. Most will throw lettuce in a bowl and maybe a tomato. What is that? No wonder you complain you don't like eating your veggies! You have to make eating clean meals fun otherwise you will be doing fast food as your staple. This salad is easy to make and has a combination of different tastes to make you feel like you ordered a gourmet selection from a ritzy restaurant.

DELICIOUS ORANGE-AVOCADO CHICKEN DELIGHT Ingredients:

6 skinless, boneless chicken breasts cut in halves 1/4 cup of Low fat Becel

margarine, melted 1 Teaspoon grated orange rind 1 cup of low sugar orange juice

1/2 cup chopped onion 3/4 Teaspoon salt

1 Teaspoon paprika

1/2 Teaspoon ground ginger 1/2 Teaspoon of crushed dried whole tarragon

1 Teaspoon cornstarch 2 peeled oranges sliced crosswise

1 avocado, peeled and sliced

Instructions: 1. Sauté chicken in margarine

until light brown 2. Then add in the orange rind, 3. Next mix the 1/2 cup of orange juice, onion, and multiple

seasonings 4. Now reduce heat to low; and

5. Cook this way for about 50 minutes or until tender

6. Remove to serving dish and make sure to keep warm 7. Combine remaining 1/2 cup

juice and cornstarch. 8. Stir until smooth

9. Cook over low heat 10. Stir constantly until it has thickened

11. Arrange the orange and make it. Come on, get off the

avocado slices around the chicken 12. Lastly pour the orange sauce over top before serving

Many of you eat too much fried chicken and that is a no no for the old ticker. Since we want you to live long enough to compete as a master lifter, we have to make sure you eat clean enough to make that a reality. This is one very nice recipe and you will find it is easier to make than it looks. The orange rind gives it just enough zing.

SUPER AVOCADO POWER POCKETS Ingredients:

3 skinless, boneless chicken breasts 2 avocados sliced

cup chopped cucumber 3/4 cup chopped carrot 3/4 cup chopped cauliflower

1/2 cup sliced mushrooms 3/4 cup cubed Low fat Monterey Jack cheese 1/4 cup Low Fat Italian dressing

6 whole wheat pita breads tablespoon of lemon juice 3/4 cup chopped tomato Instructions:

Dice up one of the avocados Put the other to the side

Grill chicken breasts until done Slice into thin strips

5. Toss diced avocado, cucumber, carrot, cauliflower, mushrooms, and cheese with Italian dressing in a large bowl

6. Slice the whole wheat pita breads and separate halfway around by pulling edges apart to form a pocket Place grilled chicken breast cubes inside pitas

8. Then fill each with 1/4 of the mixture

9. Take the remaining avocado and mash with a fork

10. Now stir in lemon juice and tomato

11. Spoon inside each sandwich and fold

Are you looking for an easy recipe but want something filling and healthy too? This is one of my all time favorites. I like pitas and this combination of different flavors will help you get a healthy serving of protein, complex carbs and fibrous veggies. This makes an excellent lunch time meal that you can take with you to work or wherever.

SIMPLY POWERLIFTING GUACAMOLE Ingredients:

avocado Tablespoons of salsa Teaspoon of lemon juice

Tablespoon of cider vinegar tomato Just a pinch of dill

/4 cooking onion Teaspoon of poppy seeds one clove of garlic small slice of fresh ginger Instructions:

1. Blend all ingredients in food processor 2. That's it you are done!

Everyone likes Guacamole, but few people take the time to



A fresh California Avocado from the tree of Priscilla Ramirez

couch, put down that ice cream bar and do something productive. Don't worry if you miss that rerun of Beverly Hills 90210, you'll be able to catch it again later

SWEET AND SPICY AVOCADO POWER DIP

Ingredients: 2 Tablespoons of mustard

4 Tablespoons of Sucanat large avocado 1 leek, diced

1 Teaspoon of basil Instructions:

Blend all ingredients in food processor 2. That's it you are done!

Here is another avocado dip you will love! This one is very easy to put together. You can use it as a dip to help you take all those veggies down when it gets a little boring eating them all by their

CHICKEN AND AVOCADO POWER PLATE Ingredients:

1/4 cup of fresh lime juice 3 Tablespoons olive oil I clove of crushed garlic 1 Teaspoon of chili powder 1/4 teaspoon of Sea Salt 2 large Skinless Chicken Breasts,

1 red bell pepper, cut into thin

1/3 cup sliced green onions 2 Tablespoons chopped fresh cilantro or parsley

2 Large Jalapeno peppers, stemmed and diced 3 cups cooked brown rice, cooled

2 Avocados diced into cubes Instructions:

1. Blend lime juice, oil, garlic, chili powder and salt in a bowl 2. Add in the chicken, red peppers,

onions, cilantro and hot peppers 3. Cover and refrigerate for 2

4. Later add in rice and avocado 5. Toss this mix lightly and serve

Here is a chicken and rice dish that is not only healthy but tastes awesome. This is one of my favorite dishes and once you try it you will know why. This makes an excellent lunch meal, so you will be ready to hit the weights later in the

"I AM A LAZY POWERLIFTER" QUICK AVOCADO SALMON SANDWICH Ingredients:

large Avocado 2 Tablespoons of Lemon juice 8 slices of 12 Grain Whole Wheat bread 2 cans of sockeye salmon

6 slices of low fat Swiss cheese 1 Tablespoon of Sesame seeds Instructions:

1. Pre heat broiler to about 475 degrees Fahrenheit. 2. Slice avocado and sprinkle with

half of the lemon juice 3. Divide avocado slices evenly

over 12 grain bread 4. Drain salmon and break into chunks

5. Divide evenly over avocado slices, and sprinkle with the other half of remaining lemon juice. 6. Top with second slice of bread,

then with cheese slices on top 7. Sprinkle the tops with sesame seeds

8. Broil about 8 inches from heat until cheese melts and the sandwiches are warmed 9. Garnish with dill pickles.

Why is it that powerlifters have the reputation of being lazy in the kitchen? I believe this to be true among the majority of male lifters, but not so with our Power Vixens. This is an energy packed nutritious meal that anyone can make.

"GIVE ME SOME MO" SWEET AVOCADO MELON DIP Ingredients:

1 package (8 ounces) of low fat cream cheese, softened 1 carton (8 ounces) fat free sour

4-6 packets of Splenda 1 avocado, peeled and mashed

Assorted fresh melon (honey dew, watermelon and, casaba, cantaloupe), seeded, peeled and cut into bite-sized pieces

Instructions: 1. Blend all ingredients except melon in blender or food processor

until smooth. 2. Cover dip with plastic wrap; refrigerate 1 hour.

3. To serve, spoon dip into small serving bowl and surround with melon pieces.

Here is one mighty tasty salad. Salads are only boring if you are boring and don't have any creativity when preparing one. This recipe should get those taste buds smiling again with this nutrient dense addition to your main course meal.

"PUT ON SOME MORE PLATES" POWER SANDWICH Ingredients:

2/3 cup of Low fat mayonnaise 3 Tablespoons chutney 12 ounces sliced low fat ham 1 can of pineapple slices 2 Tablespoons low fat Becel

margarine 4 whole wheat onion rolls, split and toasted 2 avocados, peeled and sliced

Fresh parsley sprigs Instructions:

1. Mix mayonnaise and chutney together in small bowl and set aside. 2. Sauté ham slices and pineapple in low fat butter until lightly browned. 3. Spread about 1 tablespoon chutney mixture on each cut side of onion rolls

4. For each sandwich, place ham slice over chutney mixture 5. Top with 3 or 4 avocado slices

and pineapple slice 6. Garnish with parsley and any remaining pineapple slices

Here is a power sandwich, an ideal recipe for lunch or for those trying to pack on mass. It could also be used as an in between meal. This recipe won't take a lot of time to make out of your busy schedule.

"I AM LOVING IT" ... AVOCADO OIL VINAIGRETTE

Ingredients: 3/4 cup avocado oil 1/4 cup white wine vinegar 3 cloves of garlic, crushed

Teaspoon of oregano Teaspoon of sweet basil Teaspoon of rosemary

Teaspoon of dry mustard 1 Teaspoon of Worcestershire sauce

Salt and pepper to taste Instructions:

1. Shake all ingredients together in tightly covered container. 2. Let Vinaigrette stand at least 24

3. Use on salads and veggie dishes or anywhere you want to add flavor

Here's a Vinaigrette that I use on my salads all the time. It can really spice up a dish where flavor

POWER CHICKEN PITAS WITH CURRIED YOGURT SAUCE Ingredients:

Curried Low fat Yogurt Sauce 2 whole chicken breasts, skinned, boned, cooked and cubed 1/2 cup Low fat Italian dressing medium green apple, cubed 1/4 cup thinly sliced celery 1/4 cup sliced almonds, toasted 3 Tablespoons of raisins 2 avocados, peeled and cubed 4 whole wheat pita breads, halved 8 pieces curly green leaf lettuce

Cherry tomatoes Instructions:

1. Prepare Curried Yogurt Sauce. Marinate chicken in Italian dressing 6 to 8 hours

3. Stir in apple, celery, almonds and raisins 4. Now add in the Curried Yogurt

Sauce 5. Gently fold in the avocados cubes 6. Place lettuce in the pita halves

and fill with chicken mixture. 7. Garnish with tomatoes.

This is an exotic meal that you probably never tried before. Eating exotic to most lifters is like adding gravy to your French Fries to make it a Poutine. If you are one of those bland and boring eaters out there you must give this a try. Spice is the variety of life so stop eating the same stuff day in and out. Put that burger down and try something not only healthy but tasty too!

SUPER SQUAT SPAGHETTI SQUASH AND AVOCADO SALAD Ingredients: Avocado Oil Vinaigrette

medium spaghetti squash mushrooms, sliced 1/2 each red and green bell pepper 4 ounces sliced black olives 2 avocados, peeled and sliced

Instructions: 1. Prepare Avocado Oil Vinaigrette at least 24 hours before serving time.

2. Halve squash lengthwise, remove the seeds. 3. Place halves of squash cut side

down and place in large saucepan 4. Add two inches of water; cover and bring to a boil 5. Reduce heat once boiling:

simmer squash for 20 minutes 6. Drain off the water; let the squash cool and shred into strands 7. Mix the squash, mushrooms,

peppers, olives and avocados in serving bowl. 8. Pour Vinaigrette over, toss gently

and serve. POWERLIFTING USA PARTY DIP

EXTRAORDINAIRE Ingredients:

cup of low fat refried beans I cup of chopped green chilies envelope (1 1/2 ounces) taco

seasoning mix avocados, seeded and peeled Tablespoon lemon juice Tablespoon of taco sauce

cup of non fat sour cream cup of shredded lettuce tomato, chopped

a cup of ripe olives, sliced 1/2 cup of low fat shredded Cheddar cheese

Whole grain tortilla chips Instructions: 1. In a small bowl, mix together refried beans, chilies and taco

seasoning mix: Spread over serving platter. Coarsely mash together avocados, lemon juice, and taco sauce: spread over bean mixture. 4. Top with sour cream and sprinkle lettuce, tomato, olives and cheese over all.

5. Serve with tortilla chips.

This is the king of avocado dips hence I named it for the king of Powerlifting mags. I know lifters like to snack, but that doesn't mean that you can't try to make it healthy. This recipe includes several different veggies, so you actually get some benefit out of your snacking instead of just adding a roll of flab around your midsection.

BERRIED BENCH PRESS AVOCADO GRAPEFRUIT SALAD SUPREME Ingredients:

Bibb lettuce Watercress 2 avocados, seeded, peeled and sliced 2 cups grapefruit sections

1 cup fresh raspberries Prepared sweet vinegar and oil dressing Instructions:

1. Line serving platter or individual salad plates with lettuce and watercress 2. Arrange avocado, grapefruit and raspberries over and sprinkle

with dressing.

Here is a simple yet flavorful

recipe. I have included plenty of salad recipes here and for good reason. The fact that lifters stay away from salads like vampires stay away from garlic means that I am not doing my part. Since so many lifters complain salads are boring, they can no longer whine like little school girls after checking out the many interesting recipes that I have included here.

Avocado Power Eggs

Ingredients: dozen large hard boiled eggs, peeled

ripe California avocados Tablespoon lemon juice 1/4 Teaspoon coarsely ground

garlic powder 2 Tablespoons finely chopped shallots or green onions

2 Teaspoons capers mashed Garnish: slivers of red, yellow or green bell pepper

Instructions: Slice each egg in half lengthwise

Remove the egg yolk . Use egg yolks in another recipe 4. Cut avocado in half and remove seed. Peel and cube.

5. In a bowl, combine avocado, lemon juice and garlic, mashing to

6. Stir in shallots or green onions and capers 7. Fill each egg half with avocado

8. Garnish with bell pepper. Here is another healthy and nutrient dense meal that is ideal for eating any time of the day. I know eating egg whites can be uninteresting but this recipe is sure to make that a thing of the past. Give this a try and you will have a whole new outlook on egg whites and maybe you will actually start incorporating them into your plan like I have been pushing for the last

CONCLUSION

5 years.

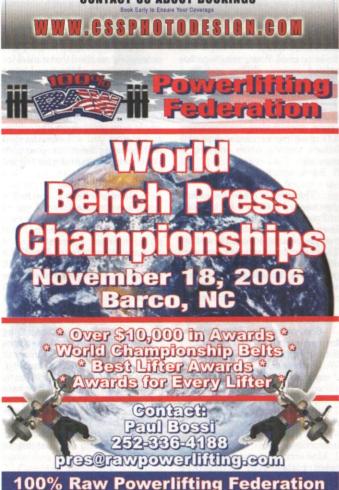
There you have it, one hell of good avocado article if I say so myself. I hope I opened your eyes to the many health and performance benefits of consuming avocadoes. They have way too many benefits to leave in the grocery store so make sure the next time you go shopping that you throw in at least a half dozen of them. Once you start eating them. you will go a couple days without them and then you'll start craving them. With all these kick ass recipes you won't have to complain about how eating them is boring. Avocado is just one of the many healthy foods that I consider a base for my athletes. They have way too much to offer to leave out of your nutrition plan. So put down that candy bar, because this is what you should be eating for that bigger total!

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ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to me at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

Q: I have read some articles lately regarding the dangers of having too much iron in your system. As a dedicated powerlifter I tend to take multivitamins, protein shakes/bars along with various other supplements to maximize my performance and recovery. However, this results in me getting iron from all these sources as well as from my normal "food" intake which includes lean chicken, beef, fish, etc. (all high in iron). Is this something that I should be concerned about? If so, what do you suggest? Thanks in advance! Andy A: The issues surrounding iron, both as a necessary micronutrient and as a toxic substance in the body, are complex and haven't been fully worked out. It's undisputed that iron has many functions in the body and is necessary for

life. However, how much is needed and what constitutes iron overload and how that affects healthy people are controversial. Part of the problem is in determining how much iron is actually absorbed both from food and from supplements. Heme iron (iron from fish, beef and poultry) is better absorbed than non heme iron (iron from plants and

supplements) but even with the best absorbed iron under ideal conditions, you're only absorbing a small amount of the dietary iron as you can see from the charts below. Also there are other confounding factors that either increase or decrease iron absorption. First of all the body absorbs iron in proportional to need. Also many foods and beverages, for example tea, coffee, oxolates in spinach and phytin in whole grains, can decrease the amount of iron absorbed.

The tolerable upper level of iron has generally been set at 40 to 50 mg per day. However this isn't based on toxicity issues but on the risk of adverse gastrointestinal effects such as nausea and constipation. The amount of iron that is actually absorbed by the body is more important than the total iron

consumed when determining if you are getting enough or too much.

The bottom line is that if you're healthy then it's not likely that you'll overload on iron, partially because the body regulates iron absorption (absorbs more if you're iron deficient and less if you're not) and also because healthy people have an ability to store excess iron in non toxic forms. On the other hand if you use cast iron cookware, eat foods high in iron, and take iron supplements you may, or you may not, increase iron levels in your body to the point where you will run into some adverse effects. This is much more likely

if you have a genetic predisposition and/or are elderly.

Because of the importance of iron in the body (not only for adequate hemoglobin levels but also because of its many other functions including mitochondrial integrity and function), and because it's been shown that people who exercise on a regular basis, including those that weight train, are marginally deficient in iron (Deruisseau KC, Roberts LM, Kushnick MR, Evans AM, Austin K, Haymes EM. Iron status of young males and females performing weighttraining exercise. Med Sci Sports Exerc. 2004 Feb;36(2):241-8.), I believe that anyone who trains, and not just those that are frankly anemic (iron deficiency can be detrimental to health and athletic performance way before it becomes severe enough to result in anemia), should supplement with iron, but only at low levels. This is why I only put in 10 mg of iron in my MVM, a multiple vitamin and mineral plus supplement that's meant to athletes and anyone who

On the other hand if you're worried about iron overload and toxicity the best way to check that out is to have appropriate blood work done. Your doctor is the best judge of what tests to perform. A number of hematological and biochemical tests may be used to characterize iron nutritional status. Hemoglobin and hematocrit, serum ferritin, serum iron concentration, total iron binding capacity (TIBC) and transferrin saturation (Fe/TIBC) are all useful tests to indicate the level of iron supply to the blood and tissues. Elevated serum ferritin and transferrin saturation are useful as indicators of iron overload. In healthy subjects, an accurate determination of iron status can be made using combined measures of serum ferritin, transferrin saturation and erythrocyte

I hope this information is useful. Best regards,

Mauro Di Pasquale M.D.

REFERENCES: Med Sci Sports Exerc. 2004 Feb; 36(2):241-8. Iron status of young males and females performing weight-training exercise. Deruisseau KC, Roberts LM, Kushnick MR, Evans AM, Austin K, Haymes EM. Department of Nutrition, Food, and Exercise Sciences, 436 Sandels Building, Florida State University, Tallahassee, FL 32306-1493, USA.

PURPOSE: To determine the effect of weight training on measures of iron status in young males and females. METHODS: Forty (27 female, 13 male) non-weighttrained college age subjects participated in a 12-wk weight-training program conducted 3 d.wk-1. Blood samples and food diaries were obtained pretraining

and at 4-wk intervals. Blood was analyzed for hemoglobin, hematocrit, serum iron (SI), total iron binding capacity (TIBC), transferrin saturation (TS), serum ferritin (SF), soluble transferrin receptor (sTfR), and creatine kinase (CK). Subjects were grouped by SF level (FL, females < or = 20 microg.L-1; FN, females > 20 microg.L-1; ML, males < or = 45 microg.L-1; MN, males > or = 50 microg.L-1) to determine the impact of initial iron status on measured responses. Results: Weight training increased strength and fat-free mass and decreased levels of percent body fat. Hemoglobin concentration declined after 12 wk of training (13.7 +/- 1.6 vs 13.2 +/- 1.7 g.dL-1), independent of gender or initial iron status. Only the MN group experienced a decline in SF level after 8 wk of training (129.7 +/- 77.9 vs 102.0 +/- 57.8 microg.L-1). No significant changes were observed for hematocrit, SI, TIBC, TS, sTfR, or CK measures. Total iron intake, but not heme or bioavailable iron intakes, declined at the 12th week of training compared with baseline (13.4 +/- 6.5 vs 10.7 +/- 4.8 mg.d-1) and was not significantly correlated with hematological or iron status measures. Conclusions: Hemoglobin concentration declines without alterations in SI, TIBC, TS, or sTfR after 12 wk of weight training. The SF level of males with adequate iron status is lowered with weight training but not among females or males with low iron status

Mol Aspects Med. 2005 Aug-Oct; 26(4-5): 299-312. Iron, oxidative stress and human health. Puntarulo S. Physical Chemistry-PRALIB, School of Pharmacy and Biochemistry, University of Buenos Aires, 1113 Buenos Aires, Argentina. susanan@ffvb.uba.ar

The amount of iron within the cell is carefully regulated in order to provide an adequate level of the micronutrient while preventing its accumulation to toxic levels. Iron excess is believed to generate oxidative stress, understood as an increase in the steady state concentration of oxygen radical intermediates. The main aspects of cellular metabolism of iron, with special emphasis on the role of iron with respect to oxidative damage to lipid membranes, are briefly reviewed here. Both in vitro and in vivo models are examined. Finally, a discussion of iron overload and its impact on human health is included. Overall, further studies are required to assess more effective means to limit irondependent damage, by minimizing the formation and release of free radicals in tissues when the cellular iron steady state concentration is increased either as a consequence of disease or by therapeutic iron supplementation.

Mol Aspects Med. 2005 Aug-Oct; 26(4-5): 363-78. Mineral and vitamin deficiencies can accelerate the mitochondrial decay of aging. Ames BN, Atamna H, Killilea DW. Nutrition, Metabolisms and Genomics Center, Children's Hospital Oakland Research Institute, Oakland, CA 94609, U States, bames@chori.org

Mitochondrial oxidative decay, which is a major contributor to aging, is accelerated by many common micronutrient deficiencies. One major mechanism is inhibition of the pathway of heme biosynthesis in mitochondria, which causes a deficit of heme-a. Heme-a, only found in Complex IV, is selectively diminished. resulting in oxidant leakage and accelerated mitochondrial decay, which leads to DNA damage, neural decay, and aging. We emphasize those deficiencies, which appear to cause damage through this mechanism, particularly minerals such as iron (25% of menstruating women ingest <50% of the RDA) or zinc (10% of the population ingest <50% of the RDA). Several vitamin deficiencies. such as biotin or pantothenic acid, also increase mitochondrial oxidants through this mechanism. Additionally, other minerals such as magnesium and manganese that play a role in mitochondrial metabolism, but do not affect heme directly, are discussed. An optimum intake of micronutrients could tune up metabolism and give a marked increase in health, particularly for the poor, elderly, and obese, at little cost.

Am J Clin Nutr. 2005 Nov;82(5):1024-31. Iron supplement use and iron status among US adults: results from the third National Health and Nutrition Examination Survey. Blanck HM, Cogswell ME, Gillespie C, Reyes M. Chronic Disease Nutrition Branch, Division of Nutrition and Physical Activity, Centers for Disease Control and Prevention, Atlanta, GA, USA. hblanck@cdc.gov BACKGROUND: Patients with hemochromatosis are instructed to avoid taking supplemental iron. Whether supplemental iron intakes lead to higher iron status among healthy persons remains less clear. OBJECTIVE: The objective was to ascertain whether supplemental iron intakes are associated with increases in iron transport (transferrin saturation) and stores (serum ferritin) among US adults aged > or = 19 y. DESIGN: We analyzed data for 5948 adults from whom a fasting serum sample was collected during the third National Health and Nutrition Examination Survey. We used multivariable linear regression and analysis of variance to assess the association of supplemental iron intake with iron transport and stores among men (aged 19-30 y or > 30 y) and women (nonpregnant premenopausal or postmenopausal); multiple comparison tests were also performed. RESULTS: Healthy adults who took supplements containing average daily amounts of iron at < or = 3 times the recommended dietary allowance (RDA) did not have significantly higher iron transport or stores than did those who did not take supplements. In younger men, the intake of > 32 mg Fe/d (> 4x RDA) was associated with mean transport iron concentrations that were significantly higher than those in persons who took 0 to < or = 24 mg Fe/d. In older men, the intake of > 32 mg Fe/d (> 4x RDA) was associated with mean iron stores that were significantly higher than those in persons who took 0 to < or = 24 mg Fe/d; a similar result was observed in postmenopausal women, but it was of borderline statistical significance. Conclusion: Supplement users should be made aware of the amount of iron necessary to satisfy dietary requirements and informed of the possible influence that excess iron intake can

have on body iron stores and health.

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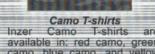
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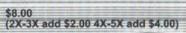
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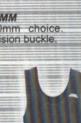
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STARTIN'OUT

A special section dedicated to the beginning lifter

BENCH PRESS VARIATIONS

as told to Powerlifting USA by Doug Daniels

When choosing assistance exercises for the bench press the goal is to choose ones that provide the highest positive transfer of strength to the bench itself. The best way to accomplish that is to choose exercises that are the most similar to the bench, yet still provide different stimulus to the muscle groups involved. The slick thing about this is that it can be achieved by simply utilizing variations on the standard bench press. Additionally, these variations do not require any equipment other than a normal flat bench and a power bar. These variations are the result of simply changing grip width on the bar, elbow position, bar path or range of movement.

The first variation of the bench involves altering your grip width on the bar. Varying grip width emphasizes different upper body muscle groups for specific goals. The most common competition bench grip is slightly wider than shoulder width. This emphasizes the pecs, delts and triceps equally, more or less. Simply widening your grip shifts more emphasis to the pecs and away from the triceps. Before going too wide all at once, I suggest widening your grip one inch on each side every 2-3 weeks. This will allow your muscles and tendons to become accustomed to a wider grip and develop the required flexibility. Going too wide too quickly could result in injuries such as pulls and strains, so increase gradually. You may develop some pec soreness after the first few workouts due to the new stress placed upon that muscle group. I suggest using a little less weight at first, as you may not possess sufficient pectoral strength, initially, to use the same weights as with the wider grip. Decrease the weight by 20% from your normal width grip bench. Eventually you will surpass your old narrower grip poundage. By adding more involvement from the larger and potentially stronger pectorals, you now are using more available muscle power to bench, rather than relying on the smaller triceps to carry the load.

Narrowing your bench grip is also an option. A narrower grip emphasizes your triceps while lessening involvement of the pecs. Unfortunately, many lifters use too narrow of a grip with some going as far (or as close) as touching their hands together in the middle of the bar — not smart. Gripping any narrower than shoulder width grip does not work the triceps any better than shoulder width. Second, this narrow of a grip can be painful on the wrists and shoulders. Finally, you have less control of the bar and can easily lose it, risking injury. A shoulder width grip is a win-win choice that allows maximum tricep work, greater comfort and safety. Oh yeah, more weight can be used for greater results and ego stroking!

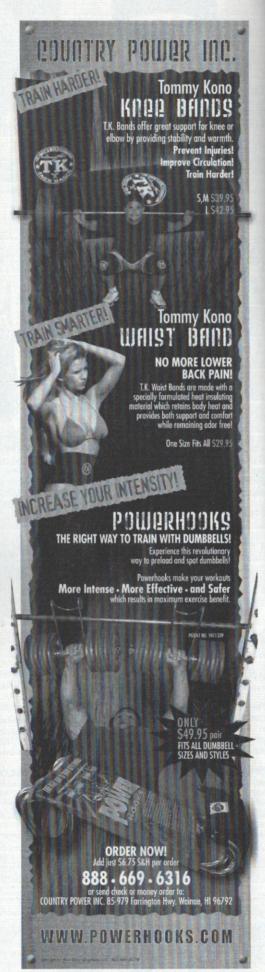
Varying elbow position is the next method of bench variation. Positioning your elbows out at right angles from the body shifts more involvement to the pecs. On the flip side, positioning your elbows close to the body shifts the involvement away from the pecs and towards the delts and triceps.

Bar path can also be varied. For this article bar path is defined as where the bar hits on the chest. During a normal bench, the bar would hit the chest near the nipple area, which is the position of best leverage and power. By varying where the bar hits the chest, different parts of the pectorals can be stressed. Many lifters rely on the incline bench press to work their upper pecs. Similar results can be achieved by lowering the bar higher on the chest, toward the shoulders during a regular bench press. As with increasing grip width, don't go too high on the chest or heavy too quickly. Work into the weight gradually Again, there may be some initial soreness due to the different stimulus on the pecs. I'll repeat the warning of not going too high on the chest. Some lifters lower the bar to the neck, which, of course, can be dangerous if they lose the lift. Always use a spotter while doing any bench presses no matter what variation. The opposite effect is gained when hitting the bar lower on the chest, more towards the waist. This variation impacts the lower pecs, like decline benches. Both of these variations can be performed on a regular bench, eliminating the need for an incline and/or a decline bench.

The final variation is based on range of movement. This means limiting the range of movement to less than a full bench press. Pressing from the chest to 1/2 to 2/3 of the way up keeps tension on the pecs and builds power off the chest. Pressing from 1/2 to 2/3 of the way down to lockout switches the work to the triceps. The final range variation is pressing in the middle of the movement. That distributes the load equally to all the muscle groups while providing continuous tension.

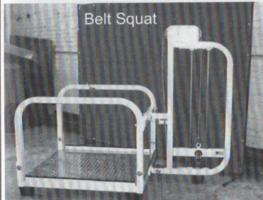
You can combine a few of these variations and develop a bench workout that can fit whatever your goals are. For example, a lifter needing more pec power would work wide grip benches with elbows out. For a final pump set, he would do partials from the bottom using the same grip and elbow position. For added variety, some sets could be performed high or low on the chest. Adding close grip benches half way down with elbows close to the body develops tricep power.

The standard bench press is still your best bet for increased power in the lift itself. But by simply varying grip width, bar path, elbow position or range of movement, the standard bench press can be tailored to fit your individual needs without requiring additional equipment or gym space. Since all these variations are hybrid bench presses, the positive strength transfer to your competition bench will be high. As with any assistance exercises, do not to go overboard and perform too many extra sets. Sometimes choices can be too simple.



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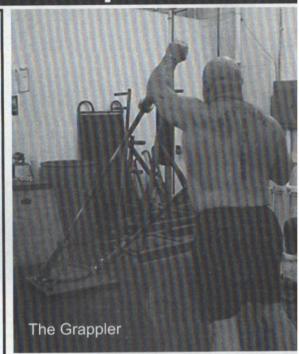
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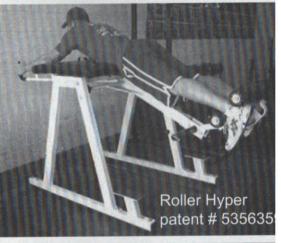
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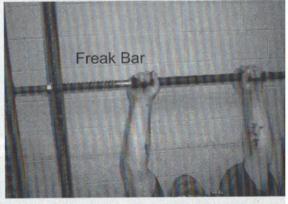
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HARD CORE GYM #58 IRON SPORT GYM

as told to PLUSA by Rick Brewer, House of Pain

Last month, Halloween came early; we saw a horrible thing. We saw a nekkid guy lifting at Spartan Gym. At least he was alone in the gym – so no one else was offended. We also went to prison – mainly to answer fan mail, but we also sent a free picture to Mr. Snogden. But now, back to the mainstream world of HardCore Gyms that have more than 1 member! Pennsylvania is the home of some of the strongest people I know – so it's fitting that Jeff Fiss brings info on another PA gym.

I'll let him talk:
"If vou're look

"If you're looking for the gym that has it all, look no further. Iron Sport Gym, located in Glenolden, Pennsylvania right on Route 13 is the premier strength athlete facility in the Southeastern region

of Pennsylvania. Strength athletes from all over the country come to this cathedral of iron to train like warriors in their ultimate quest for immortality in the iron game. Powerlifting, Olympic weightlifting, Strongman, and Highland games are the mainstay at Iron Sport Gum.

Founded by professional Strongman and Highland Games competitor Steve Pulcinella, and brother Joe Pulcinella, Iron Sport Gym started out as a 1600 sq. ft. facility which opened in August of 1995. It was a gym that was a "key" club, being that everyone who was a member, had their own key. They would be able to train at any given time of day, any day of the week. The facility was considered to be an underground gym, for not many people were aware that Iron Sport Gym had existed. The building had no external signs to advertise the location or its very existence. In the springtime, the garage doors were opened and pedestrians passing by were able to peer inside and see some of the intense training therein. As Iron Sport Gym's popularity grew, so did the membership base at the facility. Strength athletes would travel many miles to train for an upcoming event or competition

The inventory of the original Iron Sport Gym was admirable. This facility included two power racks, two flat benches, one incline, seated press rack, lat/low row machine, leg press, a platform, bumper plates, leg extension, leg curl, standing calf raise, a dip station, and all York plates, bars and dumbbells. Over time, many pieces of strongman equipment were being home manufactured by members of the gym. These individuals were able to construct farmers walk weights, a wooden log made from a telephone pole, a pulling harness made of a fire hose, and a natural granite boulder for use as an Atlas stone.

In May of 1999, Steve and Joe purchased a new 7200 square foot facility located in Glenolden, PA. This is the current residency of the facility. Pictures of famous strength athletes from around the globe cover the lobby walls of the gym. Many of the pieces of equipment from the original Iron Sport Gym are included. New equipment in the gym includes: Additional plates/barbells, DBs up to 160, Atlas Stones up to 400 lbs, 880 lb.



Inside the new and spectacularly equipped Iron Sport Gym facility.

tractor tire, 2 lifting logs, various farmer's walk equipment, the Yolk, Viking Press, throwing hammers, stones, and weights, kegs, reverse hyper, glute ham raise, Olympic bumper plates and 4 certified Olympic bars, heavy duty Forza bench, bands/chains, weight releasers, jump strength platform, and dragging sleds. Iron Sport's most recent addition includes another Olympic weightlifting platform and 200 more kilos of Olympic bumper plates from Werk-San barbell company. This gym has EVERYTHING a strength athlete would need. It is iron heaven.

Iron Sport does have its share of strength athletes. Aside from owner Steve Pulcinella with his professional Strongman and Highland games background. Doug Kirby and brothers Kirk and Kevin Nowack, both who are all professional strongmen, make Iron Sport their home during the work week. Pro Strongman Reggie Barton and Walt Gogola also formerly trained at Iron Sport Gym. Mike Barcelone and Jeff Fiss are the backbone of the powerlifters in the gym that rally the other guys to get out and compete in USAPL meets. Long time member Ben Cangelosi has given raw powerlifting a new name, having totaled 1930lbs at 297lbs, with only the use of a power belt. IPF world champion bench press machine Tony Succarrotte has also trains at Iron Sport regularly. Many other athletes of various levels come in to learn the tricks of the trade of strongman and highland games as

Iron Sport Gym is also the facility that the World Wrestling Entertainment superstars come to train when they are in Philadelphia for a show on any given week. Superstars that have been in include Kane, Hardcore Holly, Christian, Edge, Chuck Palumbo, Chyna, Stacey Keebler, Stone Cold Steve Austin and even Vince and Stephanie McMahon. It is certainly a sight to see when they are all in the gym at one time. Perfect if you are a fan of professional wrestling.

There is plenty of activity happening daily at the facility. Iron Sport Gym holds a special event called "Total Night" two to three times a year. It is their in-house powerlifting meet. Any type of powerlifting gear is allowed, since the lifters can compete either raw or equipped. Past judges at Iron Sport's Total

Nights include 1005 lb. bench press king Gene Rychlak, and 11-time USAPL PA state Superheavyweight Champion Niko Hulslander. Total night has raised money for various charities in the past including the Delaware Special Olympics. Just recently, Iron Sport Gym has been making \$20 contributions to the American Cancer Society for every membership they sell. Iron Sport has also hosted a powerlifting/strongman event

called "Strength Fest" which included events such as the raw bench press, 18 inch deadlift, power clean, and the IronMind rolling thunder grip test. All a mix of powerlifting, Olympic weightlifting, and Strongman. These events, although held on Friday nights, small and unadvertised, really produce some good lifting and exciting times.

Whether it be training for an upcoming meet, or just to get in shape for beach season, Iron Sport Gym has something for everybody. As a matter of fact, many of the gym members are not competitive athletes, rather people just wanting to lose weight, tone up, and increase overall health. The underlying culture in the gym will always be geared toward the athletes, but everyone who is a member of the gym is looked upon no different than anybody else. Many of the people

there are close friends that hang out on Friday night after a hard training session. This is what makes this awesome gym a very motivational and fun place to train. Be sure to check out the official Iron Sport Gym website at http://www.ironsport.com or email Steve Pulcinella: steve@ironsport.com. We would love it if you stopped by and check it out. You won't be disappointed."

Thanks to Jeff Fiss! It was good to go from the 'Halloween Hell' of Spartan Gym (with the nekkid lifter) to this 'Iron Heaven.' We see a wide variety of gyms – from all over the country – and they have a lot of different ideas about what makes a great gym. One of the consistent things I've noticed is the fact that they are true to whatever their vision of excellence is. This is the

Pearl Buck said it like this; "the secret of joy in work is contained in one word – excellence. To know how to do something well is to enjoy it." H. Jackson Browne Jr. said; "Strive for excellence, not perfection." Sometimes it is difficult to strive for excellence in things which are painful – like heavy-duty weight-training. It is easy to say that we'll struggle for excellence until we get to the last set of squats, or have to work out when we're sick. Then we start to falter mentally.

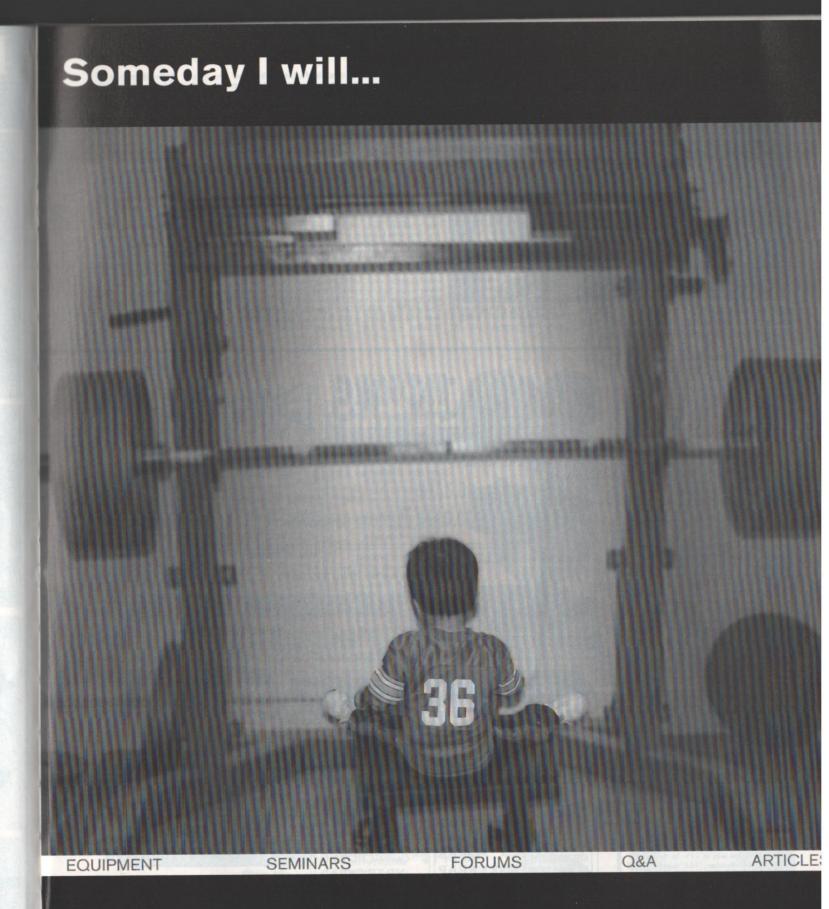
The key to success, then, is to love excellence even when it is hard work. Love it even when we're sick, or tired. Even when we're distracted, or in pain. Aristotle said; "to enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character." Well said.

Next month, we travel way South to an unlikely home of a Hard-Core lifting crew. And we talk to a guy who affectionately describes himself as a 'champion as*hole.' You've gotta love his honestu!

Until then; lift heavy, eat big, sleep long. And please, please, PLEASE train with your clothes on. (We prefer that you wear HOUSE OF PAIN clothes, but we'll settle for anything!)

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Special Olympian Steve Currey with his state record bench press at the SLP Primetime Fitness event held in Kentucky.

good enough for the best award, something Mark is so often used to winning. A great master lifter! Also in the open divi-sion was 165 winner Wes Kemp. Wes finished with his opener of 405 after missing his last two attempts with what would have been a new state record of 485. At

Barnes, another great 220 open was Mike Cox who finished with 275 lbs. bencher, failed to get in a 600, then returned with a successful M. Peterson good lift at 242 with his new personal best fourth of 625. Training Rage-X, and bowed out of partner William Beach also looked strong 220 lbs. the competition. In the at open 275, taking that class with 640, deadlift competition Ryan after just missing a state record attempt Theele won his second title of 665. Both lifters have greatly improved of the day at 16-17/308 with their form and strength. Good job! Our a new state record 350, final lifter was first timer Larry Slucher followed with a solid 360 the state record at novice 165 with 500. Great day of loading and spotting, Chris Magnuson Submast 165 with 500. Great day of and other who helped out. Also to Becca 148 lbs. lifting Read! Mark Evens. Timels for toking interest and exprises. lifting, Brad! Mark Evans Tingle for taking pictures and serving as won at 50-54/148, along our trophy girl. See you all again next with the open/148 class, finishing with 435. This was

SLP Ultimate	Body Fitne	SS
15 APR 06	- Chicago, IL	
BENCH	N. Silvestri	190
MALE	132 lbs.	
Novice	R. Silvestri	190
220 lbs.	N. Sisto	140
D. Castillo 225	Teen (16-17)	
Teen (13-15)	165 lbs.	
123 lbs.	J. Fusner	235

Police/Fire 181 lbs. 455 L. Knitter 275 lbs. 275 lbs. W. Tolson 280 Open 181 lbs. 4th-300 455 T. Gentry 198 lbs 295 Roca-Dawson 390 . Mitre 220 lbs. P. VanHorn 198 lbs. 4th-320 R. Fletcher 275 lbs. Master (50-54) . Harrison 242 lbs. J. Willoughby 255 SHW R. Vick 4th-260 RAW Police/Fire Police/Fire Submaster Submaster 165 lbs. D. Moreci 350* C. Barth 350* Police/Fire Open 198 lbs. (45-49)325* 330* A. Kennedy 275 lbs

J. Willoughby 415* DEADLIFT H. South Master (50-54) MALE 242 lbs. Teen (13-15) Willoughb 123 lbs." N. Silvestri 285* Teen (16-17) 165 lbs. Y. Zarif C. Wingeter 455 I. Fusner 385 Master (40-44) 242 lbs.

=Son Light Power Illinois state records. Best Lifter Benh: Tommy Harrison. Best Lifter Deadlift: John Fusner. The Son Light

Son Light

Son Al Kennedy, who has also been away

From the lifting scene for a few years,

Best the state record at submaster 165 with

Standard, who has also been away

From the lifting scene for a few years,

From the state record at submaster 165 with

Standard, who has also been away

From the lifting scene for a few years,

From the lifting scene for a Notice that the Body Pittless in Chicago, into mois. Thanks to owners Paul and Cindy Anton White with a personal best and new Reed for sponsoring this event. In the state record 455. Tommie Gentry won at bench press competition first-timer Daniel Castillo won at novice 220 with 225. For state record 515 for his last two attempts.

550 division Larry Knitter finished with 350 at 4) 18-19/220 while Michael Tolson won at 275 with 300. Wisam Ed returned to competition after a few years off to take the win at junior/148, finishing with 295! Pete Van Horn, past state record holder at submaster 148, won there with 280 raw. Randy Fletcher won at 198 with 315. Our only master lifter, Jerry Willoughby, 275 lbs.
J. Willoughby 505
S4/242 with a personal best 260. For the police and fire division Dan Moreci broke the state record at submaster 165 with the teenage men's 13-15 age division it Don Roca-Dawson won at 198 with an was Nico Silvestri for the win at 123 with easy 390 over Joseph Mitre, who finished 190 while brother Rocco Silvestri won with 275. Cory Wingeter had some probover Nick Sisto 190 to 140. At 16-17 it was lems with his shirt, but still managed the John Fusner taking the win at 165 with 235 win at 220 with 320. Then at 275 it was best



Big Robert Vick with his SLP State Record 750 BP @ open SHW at while Michael Peterson captured the title lifter Tommy Harrison, tying his own state at 275 with 315. In our final teenage record with an easy 705, before taking a the Ultimate Body Fitness Open. (photos courtesy of Dr. D. Latch)

SLP	Prime	time Fitness	
9 APR	06 - 0	restwood, K	Y
BENCH		A. Barnes	_
MALE		RAW	
Special Olym	pics	Open	
220 lbs.		148 lbs.	
S. Currey	210*	M. Evans	240*
Teen (13-15)		DEADLIFT	
105 lbs.		MALE	
D. French	90*	Novice	
Teen (16-17)		165 lbs.	
308 lbs.		L. Slucher	425*
R. Theele	205*	4th-450*	
Submaster		Teen (16-17)	
275 lbs.		308 lbs.	
J. Kathman	450	R. Theele	350*
Master (40-44	1)	4th-360*	
165 lbs.		Master (40-44	1)
B. Kemper	340	165 lbs.	
275 lbs.		B. Kemper	500*
J. Parks	530	Master (50-54	1)
Master (50-54	1)	148 lbs.	
148 lbs.		M. Evans	435
M. Evans	240	Open	
Open		148 lbs.	
198 lbs.		M. Evans	435
I Fina	300	165 lbe	

W. Kemp 220 lbs. 220 lbs 510 4th-625 M. Brown 460 4th-475 275 lbs. 242 lbs. W. Beach

*=Son Light Power Kentucky state records Best Lifter Bench: Clint Poore. Best Lifter Deadlift: Mark Evans. The Son Light Power Primetime Fitness Bench Press & Deadlift Championship was held at the gym in Crestwood, Kentucky. Thanks to owner Lewis Oliveras for once again hosting this event. In the bench press competition Steven Currey broke his own record at special Olympics/220 with a new personal best 210! Lifting in his first meet was 13-15/105 winner David French, who finished with a new state record 90. Another first-timer was Ryan Theele, who won at 16-17/308, breaking the state record there with 205. In the submaster division it was Joe Kathman, lifting with his new Phenom shirt. Joe finished with a personal best 450, but came close with a 475 final attempt with his win at 275. In the master men's 40-44 division, 165 winner Brad Kemper got a new personal best 340. At 275 it was Jeff Parks with just his opener of 530, having some problems with his shirt. Mark Evans looked strong at 50-54/ 148, finishing with a solid 240. Mark also set the state record for the open raw division. In the open division Jason Figg. had a great day at 198, making 390 before a personal best 415 fourth attempt! At 220 it was best lifter

Clint Poore with 510. This was Clint's first best lifter award, and a well deserved one! Matt Brown, who continues to i prove with each new competition, fin-ished second to Clint at 220, but hit a new personal best 475 fourth attempt! Allen RAIN. WS 1-800

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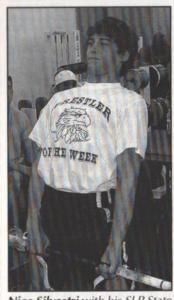
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final attempt with 805! Tommy also broke the existing state record for the police & fire/275 class. Robert Vick won at shw with a strong 750 state record, then also attempted over 800, trying a massive 815! Robert made a valiant attempt with this weight, moving the bar about half-way up before stalling! For the raw division it was Chuck Barth with 350 at police & fire/submaster 198. In the open raw division Larry Elster won at 198 with 325 while Jarrod Willoughby took the 275 class with 415. All three set new Illinoi state raw record for their respective classes. In the deadlift event Nico Silvestri broke the Illinois state record at 13-15/ 123 with a great 285 pull! John Fusner won his second title of the day at 16-17/ 165 with 385. Harlan South guest lifted in the 40-44/242 class, finishing with his opener of 550. Jerry Willoughby won his second title of the day at 50-54/242 with 250 while son Jarrod Willoughby took the open 275's with 505. Also in the open division Yasir Zarif finished with 405, guest-lifting at 198. Then at 220 it was Cory Wingeter with a personal best 455. The best lifter award went to John Fusner who finished with 385 at a 153 bodyweight, lifting in just his first meet! Thanks to Paul Reed for helping with the spotting and loading duties, Samatha Villa for taking pictures and to Sarah Reed for serving as our trophy girl. And to my son Joey who does everything. See you again this fall! (Thanks to Dr. Darrell Latch for results)



Nico Silvestri with his SLP State Record 285 DL @ 13-15/123 at the Ultimate Body Fitness Open

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		orld Cup	The state of	G. McGuire	132	Open		Submaster Pu	ire	Pure	
5-6 AUG 0	6 - 0	klahoma City,	OK	198 lbs.		C. Spirrison	203	R. Baker	501	L. Anderson	148
PS BENCH		Open		Master II		SHW		R. Storment	501	198+ lbs.	
MALE		D. Baize	-	P. Hollinger	143	Master Pure		308 lbs.		Master II	
148 lbs.		Submaster Pu	ıre	Submaster II		J. Phillips	192	Master 1		A. McTighe	231
Master III		R. Storment	270	J. Vaughn	115	PS DEADLIFT		J. Gossard	429	A. McTighe	231
G. McGuire	209	275 lbs.		Master Pure		MALE		Master Pure		Master V	
181 lbs.		Master I		J. Vaughn	115	114 lbs.		J. Gossard	429	A. McTighe	231
Master IV		R. Summers	330	Teen		Youth		PL BENCH		Raw	
. Palumbo	181	Master II		R. Davidson	99	Z. Clarke	173	FEMALE		148 lbs.	
198 lbs.		G. Carlson	308	Master II		132 lbs.		114 lbs.		Novice	
Master II		Open		J. Fickel	162	Youth		Open		E. Martin	165
. Hollinger	281	J. Baldwin	270	Master Pure		H. Davidson	231	H. Patel	203	198+ lbs.	
Master III		Police/Fire		E. Lytle	71	148 lbs.		Pure		Submaster	
. Lynn Jr.	231	M. Austin	402	242 lbs.		Master III		H. Patel	203	W. Hou-Seye	121
Master Pure		308 lbs.		Submaster Pu	ire	G. McGuire	314	Submaster 1		MALE	
. Hollinger	281	Master 1		R. Storment	154	198 lbs.		H. Patel	203	54 lbs.	
Teen		J. Gossard	380	275 lbs.		Master II		Submaster Pu	ire	Youth	
R. Davidson	154	Master Pure		Master I		P. Hollinger	501	H. Patel	203	S. Hou-Seye	27
4th-165		J. Gossard	380	R. Summers	148	J. Arnold	485	123 lbs.		114 lbs.	
242 lbs.		SHW		Master II		Master Pure		Master I		Youth	
Master I		Master Pure		J. Baldwin	143	P. Hollinger	501	K. Hughes	198	Z. Clarke	71
). Baize	-	J. Phillips	418	Open		Teen		Master Pure		132 lbs.	
Master II		PS CURL		J. Baldwin	143	R. Davidson	341	K. Hughes	198	Open	
N. Miller	451	MALE		308 lbs.		220 lbs.		148 lbs.		V. Williams	244
Master Pure		148 lbs.		Master I		Submaster II		Master Pure		4th-BP-253	3
). Baize	-	Master III		C. Spirrison	203	R. Baker	501	L. Anderson	148	Submaster	

100 SHWs. ADFPA TOP 20 181s

Sep/93... ADFPA Men's Natls., NASA 100 275s, ADFPA TOP 165s O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Nationals, Rest Pause, Bombing Out, Jan/94... IPF Men/Women Worlds, IPF 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA 123s, ADFPA TOP 20 220s. Greg Warr BP Workout, Hernia Surgery, 181s, ADFPA TOP 114s

Women's TOP 20, Drug 100 198, ADEPA TOP 20 123s

Apr/94... Saliva Tests, Coan DL Video, United We Stand, TOP 100 165s. Bob Dempsey Profile, Psyching Up or Jan/95... WPC Worlds, IPF Worlds, IPF Training Devices, TOP 100 148s. 100 220, ADFPA TOP 20 132s

NASA Masters, Legends of PL, World Jun/94... NASA Natural Natls, WPA Nichols Profile, Sticking Points, TOP

Grand Nationals, Female Confessions, Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike May/95... Mike Bridges, Jamie Harris' Aug/96... ADFPA Men's, APF Sr. Natls, Oct/93... APF Seniors, NASA World SHWs, ADFPA TOP 20 181s

Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Interview, TOP 100 198s Reinhoudt, Ethics of Ergogenics, Mar/96... TOP 20 Women/Masters/Teen Karwoski Squats, Tamara Rainwater- Rankings, Chromium, Plant Extracts, Grimwood BP Routine, TOP 100 220s Multi-Year Training System, First Seniors, Record Breakers, Rack Training, TOP Worlds, DASH Record Breakers, Bill Apr/95... NASA Natural Nationals, Framework for the Novice. Deadlifting without Deadlifting, Raising Jul/96... AAU Men's, USPF JRs., DHEA,

MacDonald Bench Legacy, TOP 100 740 Bench, James Henderson, USPF "Ban All Equipment", Rest Pause Jrs., Changing Weight Classes, Joe Revisited, Specializing in the DL by Cup, Grant Pitts Profile, ADFPA DL Aug/94... APF SRs, Paula Suzuki McAuliffe SQ Workout, TOP 100 275s Louie S., FIBO Show, TOP 100 123s. Interview, Shane Hamman Squat Jun/95... Antonio Krastev, USPF Oct/96.. WDFPF Worlds, Ed Coan/Kirk TOP 100 123s, ADFPA TOP 20 220s Workout, Leg Training by Louie Simmons, Collegiates/Bench Natls, Overtraining Karwoski Interview, Anthony Clark TOP 100 114s, ADFPA TOP 20 198s. or Adaptation?, Greg Warr Interview, Interview, Herb G. "Responds to the Ir/Master Worlds, WPC Worlds, Greg Sep/94... ADFPA Men's, USPF Men/ Curt Leslie BP Workout, TOP 100 SHW Response", TOP 100 148s Lowe Squat, Cycling Systems, TOP 100 Women's Srs., Relieve Pain With Aloe, Jul/95... IPF Women's Worlds, Nick Nov/96... APF Can-AM, Clark benches Box Squats, Phytochemicals, TOP 100 Lavitola Deadlift Workout, Pec Tear 780, James Henderson says "Face Me" National Masters, Malibu Classic VI, Nov/94... WDFPF Worlds, Goodwill Season Hints, TOP 100 Flyweights

Games, Is PL a Mockery of Strength?, Sep/95... Triple SENIORS ISSUE ADFPA/ Feb/97... Power of Compelling APF/USPF, How to Use Creatine, Chris Outcomes, WPC Worlds, IPA Natls, Confessore Interview, Women & the Formula for Success, Making Weight, Testing Methods Pt. II, The Trap Bar, Dec/94... Jon Cole, Asian Success Syndrome, TOP 100 132s USPF Biography, TOP 100 220s
Teen Training, Tamara Grimwood, TOP Championships, Conjugate Training, Oct/95... Jamie Harris Interview, Apr/97... Clark Benches 800 - Waterman

Psyching Out?, WNPF Worlds, TOP World Masters, Greatest All Time Dec/95... Walter Thomas Interview, IPF May/97... Dream Team Pt. 1, Kick Start Squatter, Karl Saliger of Austria, Meet World Bench Press, Trainers of Your Squat, Ken Ufford 800 lb. Deadlift May/94... USPF/ADFPA Collegiates, Performance Review, TOP 100 181s. Tomorrow, Leo Stern Profile, 6 Week Workout, Pyruvate, the Art of Winning,

705 Bench Press, Video/Computer Percent Training Pt. II, IPF World Masters World's Strongest Man, Hank Hill

V. Williams 244

4th-BP-253

407

253

253

253

264

308

308

451

556

308

358

457

181 lbs.

Intermediate

D. Torrez

Master III C. Lynn

Master IV

High School A. McKay

P. Hollinger 281 Master Pure P. Hollinger 281

D. Brady

Master II

Police/Fire

S. Miscoi

Teen A. McKay

Master III

G. Gulley

Novice G. Gulley

242 lbs.

J. McKay

Police/Fire

T. Crosson

Master I

I. Flliff Master II G. Carlson

J. Hays

Pure

FEMALE Submaster 1 H. Patel

148 lbs. Open A. House

165 lbs Intermediate

MALE

I. Lynn III

Baldwin

Submaster Pure H. Patel

Intermediate

Master Pure

275 lbs.

J. Hays

308 lbs.

I I vnn III

C. Spirrison 501

C. Spirrison 501

Submaster 1 J. Freeman

Clarke 181 lbs. Master IV

J. Palumbo

98 lbs.

Master II P. Hollinger 281

E. Coleman J. Hou-Seve 275

Pure

220 lbs.

Master II Parsons

242 lbs. Martin

242 lbs.

275 lbs.

Master I l. Cyranoski

Police/Fire

M. Austin

Tully

DL

203 336 540

203 336 540

137 319 457

226 325

Pure Austin

SHW

BP

99

D. Martin

358

457

551

181

297

374

363

TOT

Work Capacity, Bruce Wilhelm, L.M.W. '65 vs. '95 Top Ten, "Chain Reactis" by Compounds, TOP 100 242s.

Nightmare, Aloe Vera for Training, Off Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

USPF BP Nationals, Euro Jrs/Womens, Successful Deadlift Strategies, Elite Level 600 @ 181, Powerlifting Crisis, World's Supplements, AAU Jr. Olympics, New Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

USPF Jr. Natls., IPF World Bench Press, Feb/95... World's Strongest Man, Jesse Peaking Routine, TOP 100 181s Deadlift Primer, TOP 100 275s.

Budweiser Record Breakers, Fluids, TOP Kellum Squat Workout, Willie Williams Jan/96... IPF/WPC/WDFPF Worlds, Jun/97... J.M. Blakley, Dream Team Pt.

181 lbs.				
Master III				
C. Lynn		253	264	518
Master IV				
D. Boykin		187	226	413
198 lbs.				
High School				
K. Lasiter		352	529	881
4th-DL-540				
A. McKay		264	446	711
Master II				
P. Hollinger		281	501	782
Master Pure				
P. Hollinger		281	501	782
Teen				
A. McKay		264	446	711
220 lbs.				
Submaster II				
T. Tucker		347	650	997
Submaster Pu	re			and Di
T. Tucker	100	347	650	997
242 lbs.			000	
Novice				
S. Hugen		319	474	793
Pure				and the
J. McKay		347	424	771
275 lbs.				2114
Master I				
L. Elliff		556	523	1080
Police/Fire		330	343	1000
M. Austin		402	507	909
308 lbs.		402	307	303
Master III				
H. Heyman		220	220	440
Master Pure		220	220	440
J. Gossard		380	429	810
Novice		300	423	010
R. Grace		319	573	892
SHW		319	3/3	092
Police/Fire				
R. James		446	589	1036
Submaster 1		440	309	1030
		551	562	1113
J. Freeman	SO	BP	DL	TOT
Powerlifting FEMALE	sq	Dr	DL	101
114 lbs.				
Open	253	203	336	793
H. Patel	233	203	330	793
Pure	252	202	226	793
H. Patel	253	203	336	793
Submaster 1	252	202	226	793
H. Patel	253	203	336	793
Submaster Pu			201	
N. Owen	198	115	286	600
165 lbs.				
Intermediate		405	245	-
D. James	303	137	319	760
Raw				
114 lbs.				
2, ADFPA N	Vation	als Ch	nronolo	gy, If
TOD OF C	1		0	

173 244

BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s. Aug/97... Power of Color, How to BP Training by Louie, TOP 242s. 500 Easy by Louie S., ADFPA TOP 25 All Jun/98... Mark Henry, Ernie Milian, Simmons, TOP 100 242s. Time, APF Seniors Chronology, Mark Olympic Cycle, Louie on "Researching May/99 ... LA Tech Program, "Sir BPs by Louie S, TOP 100 220s Pasillo, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple WDFPF Split, TOP 100 SHWs. Oct/97... Brad Gillingham Profile, Worlds, TOP 100 Flywts. Diabetes & PL, TOP 100 165s.

Austen DL. TOP 100 181s

Jan/98... IPF Men - Master - Ir. Worlds, Middlewts., Isoflavones. IPF Women, TOP 198s

Speed Strength, TOP 100 220s

and drug testing procedur I agree that my membersh submit to any drug testing the test are conclusive and As a condition to stay current with any UA consume a banned substa consequiences of that test	As a Condition of membership to UJI so are subject to change at any time p may be two-ked temporarily or pen procedure that UACP/AWPC has ago I further agree to accept the conseq of membership to UAPC, I understand OF/CAWPC barned substance or proceurinowingly and test positive for ded from membership for any reason PC.	and that I agree manently, suspe- proved in its rule uences of that p and and accept the ing method, income that banned su	follow and ob e to obey any ended and/or is and regular positive test in hat I am proh- luding those ubstance, I sh	new or change denied for my fittions and drug the egarding my me ibited from using most recently broad be solely res	dilations and drug d rules, regulation siture to obey UAI esting procedures mbership, g any substance anned. I further a ponsible for the o	s and drug testing PC/AWPC rules, is if I do test post or doping methologopt sole response coept sole response onsumption of the instance in the control of the coept sole response onsumption of the instance in the control of instance	ng procedure regulations as sitive for bann d that is bans nsibility for w hat banned su	s as a condition of ad drug testing pro ed substance, I ag ned by UAPC. It is hat I take into my b obstance and shall	continued membershi cedures. I voluntarily ree that the results of my sole responsibility ody and that should I accept the results and
SIGNATURE			If under 21	l yrs. Parent l	nitial:	Date:		Prior Reg. #	
lame:		Pho	ne: ()		E-M	lail:		
ddress:		Cit	y:			State:		Zip Code	
Date of Birth:	Age:	Sex	_U.S. Citize	en?	UAPC Registere	d Club Represe	ented:		
Membership Pri	ices: (please circle all that apply)	• Adult	- \$30.00	• High Scho	ol Division (Full	year; any meet	- \$15.00	Special Olym	pian \$10.00
Competing Division	ss: (please circle all that apply)	Open Police & Fire		n (14-19 yrs.) High School	Junior (20 Spe	0-23 yrs) cial Olympics	Masters (4	0 yrs & up)	Military
Cash/Check/Money Orde	rr #rr 12 months from date of pur		LY MINISTER				Membersh	ip Price \$	

Open					R. Pope	231	148	275	655	Police/Fire				
N. Owen	198	115	286	600	165 lbs.					R. Tavanello	523	-	-	-
123 lbs.					Master I					Teen				
Master I					R. Sears	374	231	352	959	C. Anderson	595	418	584	1598
K. Hughes	211	176	308	696	Pure					242 lbs.				
4th-SQ-220					J. Murphy	573	463	501	1537	Intermediate				
Open					181 lbs.					J. House	589	391	595	1576
K. Hughes	211	176	308	696	Intermediate					Junior				
4th-SQ-220					D. Torrez	584	407	463	1455	S. Donahue	700	424	573	1697
165 lbs.					Master III					Master I				
Master III					C. Lynn	_	253	264	518	J. McKay	-	347	-	-
E. Waugh	132	99	226	457	Pure					Master III				
Open					D. Torrez	584	407	463	1455	B. Helmich	132	132	606	870
E. Waugh	132	99	226	457	198 lbs.					Pure				
Pure					High School					S. Donahue	700	424	573	1697
E. Waugh	132	99	226	457	K. Lasiter	562	352	529	1444	275 lbs.				
MALE					4th-DL-540					Master III				
114 lbs.					A. McKay	451	264	446	1162	J. Hodges	567	319	755	1642
Open					Junior					Open				
D. Chichon	380	303	242	925	J. Jensen	490	-	551	688	J. Ransbottom	-	-	-	-
4th-BP-341	DL-2				Teen				Tolegal	Police/Fire	1222			
Z. Clarke	71	71	173	316	A. McKay	451	264	446	1162	M. Austin	606	402	507	1515
Pure					220 lbs.					4th-SQ-644				
D. Chichon	380	303	242	925	Master I					Submaster II				
	4th-B	P-341	DL-2	48	M. Hearing	_	-	_	_	D. Hamblin	501	418	518	1438
123 lbs.					Master Pure	10 630		7.015	(Indiana)	308 lbs.				
Master III					D. Brown	562	358	485	1405	Master III				

Worlds, Brad Gillingham backstage Apr/98... Bull Stewart Speaks, USAPL Workout, TOP 100 220s Women's, APF All Time TOPWomen, Westside Invitational, Foundational Whey?, Gordon Santee, 3x3 Training Feb/00 ... WPC Worlds Pt. I, Battle of the

Resistance", 10 Keys to Success, AAUPC/

Seniors, IPF Women's Worlds, World's Jul/98... Kirk Karwoski, Angelo Russian Stretches, TOP100 275s. Strongest Team, NEW Mineral Orotates, Berardinelli, World 's Strongest Man Jun/99 ... Powerlifters as Bodybuilders, Conjugate Method by Lou Simmons

Nov/97... U.S. Strongest Man Contest, Shane Hammon, Top 100 Bantam. Dec/97... Vicki Steenrod, Functional Training Plan Part 1, TOP 100 132s Protein Powders, Louie Simmons Squat Nov/98... A Worlds to Remember, Japan Spectacular, TOP 100 132s Workout, USPF's Best Women, Walt Nationals, PL Weapons, Pat Beaumaster, Oct/99 ... USPFSeniors, APF Seniors Pt. Fred Peterson, TOP 100 SHWs. Joe Dube, Jackie Davis, TOP 100 2, Ribose, Backstage with Ed Coan, Jul/00 ... WPO Pro Championship

Feb/98... WABDL Worlds, IPF BP DLs, Dennis Brady, TOP 100 181s Worlds, World's Strongest Man, WPC Jan/99 ... WABDL Worlds, WPC Worlds Louie S., TOP 100 165s. Wade Hooper Worlds, Bench Primer Pt. 1, IPF Seniors, Pt. 1, IPF Men's Worlds Report, Louie Dec/99 ... IPF World Masters/Juniors, TOP 100 123s

TOP 25, Good Mornings, Scott Smith 20 Women, Teen, Master Rankings, Feb/99 ... WPC Worlds Pt. 2, Coan goes Method by Louis S. TOP 100 181s Anthony Harris Interview, Ken Snell DL

Apr/99 ... The ED COAN Book, Why Strongman II, TOP 100 198s

Progressive Overload, TOP 100 132s. Jouko Ahola, Jon Arenberg, IPF Women's 1st Women's Worlds, USAPL Apr/00 ... Amold Classic, WPF Worlds, Collegiates, Louie S. on Pre-Meet Mike Danforth, Leonard McCormick Resistance Training by Louie Simmons, Aug/98... USAPL Men's, Platform Training, "Choking", TOP 100 SHWs Interview, PL USA Cover Chronology, Ken Emrich, Power Biceps Training, Deadlifts, ADFPA Women, Yueh-Chun Aug/99 ... the Rubber Band Man, the Methoxivone, TOP 100 242s Larry Miller interview, Top 100 Ltwts. Chang, IPF World's, APF Nationals, "Muscletown USA" book, Beauty & the May/00 ... Dennis Cieri, J.M. Press?, World's FASTEST Bench Presser, Rick Sep/98... APF Seniors. Part 1, the Ed 2 by Louie Simmons, TOP 100 123s Rainwater-Grimwood, One Arm Rows, Gaugler Profile, Light Training Days, Coan Decision, Power Bells, York Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Chemical Exercise, TOP 100 275s. Summer Picnic, Visit to Westside, 3x3 Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Health World, Dawn Reshel Dies, From

Horace Lane Interview, Circa Maximal

Simmons on Bands and Chains, WNPF USAPL/AAU BP Natls, Meet Information Sep/00 ... USPF Srs, IPAWorlds, WABDL

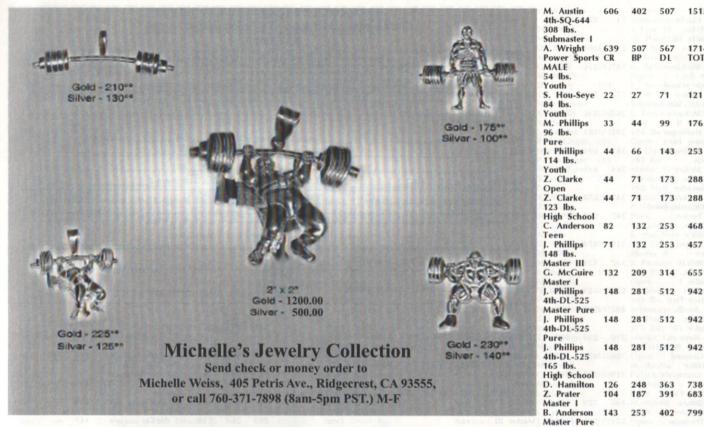
PF Mar/98... Mark Philippi Interview, TOP Worlds, Jerry Tancil, TOP 100 198s. Management, Maximal Resistance James Henderson, George Nelson, 1st 2463, USPF Worlds, IPF World Bench, Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons

Pt. 5, Training Methodologies by Louie Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big

Guggulot", Arnold Classic, Westside Mar/00 ... USAPL Women's , WPC Invitational, USAPL Women's Nationals, Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The

Beast, IGF-1, Overcoming Plateaus Part Knee Wraps, the Passing of Tamara Jun/00 ... Garry Frank Profile, Black's Canada to Westside, BP by Larry Miller

The 900 Lb. Squat Club, Beyond WDFPF Men - Teen - Jr. - Master Worlds, Dec/98 ... IPF Masters-Juniors - Mens/ Phase by Louie Simmons, TOP 148s Diminishing Returns, Louie on Squatting World's Strongest Man Qualifiers, Best WPC/WDFPF/AAU/AAPF World Meets, Nov/99 ... Muscle Beach Lives, East in the 800s and 900s, TOP 100 114s Injury Avoidance, USA All Time 800 German Breakthrough, DL Details, Walk Aug/00 ... USAPL Men's, APF Srs. Pt. I, Away From Death, Dynamic Duo by AAPF/APF Natls.,IPF Women's Worlds Wade Hooper Interview, Joe Onosai,



H. Heyman	429	220	220	870	High School					Submaster II				
SHW					C. Fowler	220	104	214	540	T. Tucker	446	347	650	1444
Police/Fire					198 lbs.					Submaster Pur	re			
R. James	_	_	_	A 755	Junior					T. Tucker	446	347	650	1444
Submaster 1					W. Streck	501	325	551	1377	275 lbs.				
J. Freeman	562	551	562	1675	220 lbs.					Master I				
Raw					Junior					S. Cyranoski	501	319	518	1339
114 lbs.					J. Helms	440	325	440	1207	Open				
Open					Master I					M. Austin	606	402	507	1515
Z. Clarke	71	71	173	316	K. Romero	518	314	600	1433	4th-SQ-644				
148 lbs.					Novice					Police/Fire				
Master III					B. Triplett	407	264	490	1162	M. Austin	606	402	507	1515
G. McGuire	187	209	314	711	Pure					4th-SQ-644				
165 lbs.					G. Gonzales	303	253	374	931	Pure				

& the Beast, Women's 300 Bench Press Club. TOP 100 148s

Nov/00 ... Best Bench of All Time, final Fixing Lockout, TOP 100 114s Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s

Dec/00 ... Tao of Competition Pt. I, IPF Warrior Spirit,, TOP 100 123s Press Shirt, TOP 100 181s

Training by Louis S., TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC by Louie S., TOP 100 148s.

Mar/01 ... TOP 20 Women - Teen -Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes Salvagni, TOP 181s Louie, TOP 100 242s

Oct/00 ... Positive Illusions, Tako not Siveny Interview, Top 100 SHWs Taco, Powerlifting's Salvation?, Beauty Jul/01 ... IPF Women's Worlds, Bill Repetition Method" Crawford, APF Nationals,, Shane Apr/02 ... WPO Finals/Qualifer/Arnold Loading Pt. 1 by Louie, TOP 100 198s.

Jr. + Masters Worlds, More World Record Sep/01 ... WPO Semis, "No Deadlift" Interview, TOP 100 SHWs. Benches by Louie Simmons, the Bench Routine, Ray Benemerito, Knee Pain & Jul/02 ... Kennelly Benches 780, IPF Unit, TOP 20 Women/Master/Teen lists MSM, Louie on Exercises for the Triceps,

Jan/01 ... IPF Men's Worlds, WABDL Chalk & Powder, TOP 100 132s Worlds, AWPC Worlds, Roy Fokken BP Oct/01 ... World Games, TomManno, Workout, Eccentric & Concentric Jamie Harris Interview, John Corsello Jr. Aug/02 ... APF Seniors, USAPL Men's Back by Louie, TOP 100 242s. Interview700 BP Club, Speed Cycling Natls, USPF Srs/Mountaineer Cup IV, May/03 ... Bill Crawford's Road Back,

by Louie S., TOP 100 165s Masters Rankings, Hooking Up the Dec/01 ... IPF World Masters, WPC Can Mikesell Interview, TOP 100 132s

2535, Bill Crawford BPs 750, Daisuke Jan/02 ... IPF Men's Worlds, WABDL BP Shirt Blues, TOP 100 148s Midote, Jeremy Arias, Extra Workouts by Worlds, Garry Frank goes 2606, IPA Nov/02 ... Sivokon Speaks, IPF Jr. Ib. Squat Club, What You Need in Your

BP/DL, Pre-Meet Checklist, Do the SQ - Jun/01 ... Siouz-Z Hartwig, Russian Shoulders, All Time SQs, TOP 100 220s Worlds, Fred Hatfield, Louie on by Louie , Ernie Frantz Insights, Rick Squat Cycle, Big Boys Menu Plan by Weil BP, TOP 100 132s Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane 20 Teen/Women/Masters. Russ Barlow, Jan/03 ... IPF Men's Worlds. WABD I.M., Victor Naleikin Interview, Diane 20 Teen/Women/Masters, Russ Barlow, Ian/03. IPF Men's Worlds WARDI RE Becca Swanson, 850 DLs, Louie on "the Worlds, IPF Masters Worlds, Becca

Hamman, Leslie Look SQ Workout, Bench Bash, Ano Turtiainen, Louie on Feb/03 ... IPF BP Worlds, WABDL DL

Seniors, USAPL Men's, FIBO, Stretching Jun/02 ... Meet Scot Mendelson, IPF rankings, Ken Patera, TOP 100 220s. With Bands, Box Squats by Louie S., World Masters BP, Fatten Up Your Total, Mar/03 ... Brad Gillingham Comeback, Louie Simmons on Volume, Dan Austin

> Women's Worlds, APF Nationals, Apr/03... WPO Finals & Bench Bash for Carbohydrate Manifesto Pt. 1, Karen Cash, Crawford Benches 785, Jamie Sizemore Interview, TOP 100 114s. Strong Legs for Recods by Louie, Your Odd Haugen, Virtual Force by Louie,

Squat Workout, "Analyzing Your Squat" Strongman, Training Organization Pt. 1 Aug/03 ... Mendelson Benches 804, by Louie S., Preventive Maintenance,

Bands, USAPL Women's Natls, Westside Ams, Halbert Video, WPO BP for Cash, Oct/02 ... 556 squat @132 by Nance Bench Press Shirt, Vince Anello Deadlift Westside Success , Jill Mills, Rich Avigliano, USAPL BP Natls, Powerhouse Workout, Team PL, TOP 100 SHWs Grains, The Positive of Negatives, Bench SEP/03 ... USAPL Men's Natls, Bench

Nationals, Carmen Perrotta Interview, Worlds, Serious Mass Pt. 1, Priscilla Gym, TOP 100 114s May/01 ... Ed Coan Interview, Russian Training the Lockout, TOP 100 198s Ribic Interview, Willie Wessels Oct/03 ... Gene Bell, John Ware BP Training, Russian Nationals, Rob Feb/002 ... WABDL DL Worlds, IPF BP Interview, Ed Coan DL, TOP 100 165s Workout, Sioux-z Hartwig, A.R.T. Fusner's Program, Why Can't I Gain Worlds, WNPF Worlds, WPC Worlds, Dec/02 ... WPO Semis (931 DLI), Bench Techniques, 50 Best SQs/BPs, Louie S. Weight by J.M. Blakley, Top 100 275's Halbert on Lockout, Blakley on Bash for Cash, WPC Worlds, IPF Sublr. on Training the Back, TOP 100 132s.

Swanson Squats 705, Intensity Zone Nov/00 ... Best Bench of All Time, final Fixing Lockout, TOP 100 114s DL Training, Jennifer Thompson, Back Worlds, Steve Goggins Interview More from Ken Leistner, Drug Free Bz[Aug/01 ... Garry Frank Goes 2601 - APF Up Your BP, TOP 242s "Lessons Learned", All Time 308 & SHW "Lessons Learned", All Time 308 & SHW Men's 300 kg &Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Harris Pt.1, Equipment, Never Looking

402 507 1515

567

173

132 253 457

148 281 512 942

148 281 512 942

187

253

253

371

341

341

165 319

391 683

391

485

485

231 363

402 799

104

143

B. Anderson

Novice

M. Jarrett

1714

639

33

44 71

Sports CR

507

27 71

Bill Kazmaier Profile Pt. 1. Women's

821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The

America, Keeping Iron in the Blood, 1000

Master III				
	126	231	325	683
J. Lynn Jr.	120	231	323	003
Open		240		
M. Jarrett	165	319	0	0
Pure				
J. McDougal	159	402	551	1113
Submaster				
J. McDougal	159	402	551	1113
D. Doobay	121	341	424	887
Submaster Pur	re			
T. Prati	159	380	507	1047
J. Hou-Seye	106	275	343	726
Teen				
R. Davidson	99	154	341	595
4th-BP-165	,,	134	341	333
220 lbs.				
Police/Fire			100	000
B. Triplett	143	264	490	898
Submaster II				
T. Tucker	187	347	650	1185
R. Baker	137	226	501	865
Submaster Pur	re			
T. Tucker	187	347	650	1185
242 lbs.				
High School				
C. Huey	121	253	485	859
Intermediate	121	233	403	033
	137	358	540	1036
C. Frazier	13/	330	340	1036
Junior				
S. Hugen	148	319	474	942
Maser II				
J. Fickel	162	314	424	900
Master Pure				
E. Lytle	71	187	275	534
Pure				
C. Frazier	137	358	540	1036
Intermediate				
M. Thomason	187	363	600	1151
275 lbs.	10,	303	000	
Master II		200	330	793
G. Carlson	154	308	330	793
Novice				
M. Thomason	187	363	600	1151
M. Austin	132	402	507	1041
J. McMillian	132	264	501	898
Open				
P. Thomas	170	413	606	1190
Police/Fire				
M. Austin	132	402	507	1041
I. McMillian	132	264	501	898
Submaster 1	132	204	301	0,0
M. Austin	132	402	507	1041
	132	402	307	1041
308 lbs.				
Junior	400	240		1050
R. Grace	159	319	573	1052
Master I				Paulie 1
C. Frazier	154	347	529	1030
J. Gossard	137	380	429	948
Master Pure				
J. Gossard	137	380	429	948
NATURE OF THE PARTY OF THE PART				

Effort Day, Mabel Rader, TOP 165s

Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

Jun/04... TOP 20 Women, Teen, Masters,

Greatest Men's & Women's Ratings, 15

Min. Injury Solution, Delayed

Men's Nationals, World Powers by Louie

Hyperhydration, Coan Update,

Best BPs,TOP 100 198s

Message, TOP 100 220s

Transformation by Louie S.

Strength, TOP 100 275s

KELSO'S SHRUG BOOK A unique book with 27 illustrated shrug moves. Improves upper back, shoulder girdle and your total. New BP info is worth the price. Also "trap bars" and chest expansion. "Paul has done more for my bench press than everyone else put together." - Collin Rhodes \$14.95 + S&H. Toll free # USA 888-934-

0888, ext. 3. Order online from http:// www.hatsoffbooks.com/ or many websites.

vice		Marie			K. Hughes	88	176	308	573
Garza	137	303	468	909	148 lbs.	60.0	100		
re			-DC		Novice				
Frazier	154	347	529	1030	E. Martin	82	165	277	525
bmaster I					198+ lbs.				
Wright	154	507	567	1229	Master II				
ster 1					A. McTighe	68	-	-	68
Mitchell	181	391	523	1096	Open				
bmaster					A. McTighe	68	-	-	68
Belmaster	165	391	600	1157	High School				
MALE					R. Peters	71	121	242	435
3 lbs.					W. Hou-Seye	60	121	239	421
ster I					Teen				
Hughes	88	176	308	573	R. Peters	71	121	242	435
oon					(Thanks to Ric	ch Pet	ers for	these	results)

Dec/03 ... WPO Finals, Rychlak BPs Louie Simmons, TOP 100 114s Alexander, "Story of Arthur Jones", Speed Tony Convers Interview, Ion Smoker Feb/04... IPF World BP, WABDL Worlds, Squat Workout, TOP 100 132s.

Dec/04 ... Rychlak BPs 1005, IPF Worlds, Back Pain, Becca Benches 465, All Time Women's/Men's All Time BPs, Scott Mar/04... USAPL Women's Natls., Becca Lade BP Workout, TOP 100 148s benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Masters, General Physical Preparedness Apr/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes,

Jul/04 ... APF Seniors, Bench America II, All Time BP/DL lists, TOP 100 198s Sep/04 IPA Worlds, Mountaineer Recollections Pt. 1, TOP 100 242s. Training', IPF Men's Worlds, Jeff Lewis

Training WSM Super Series, Scott USAPL Women's Natls, Louie Simmons 900, IPF World Masters, Ausby Oct/04 ... WPO Finals, Recuperative Mendelson Profile, TOP 100 275s. Modalities, Optimal Eccentrics by Louie Aug/05 ... Louie Simmons on the Olympics, Gunda Von B., TOP 220s. Day Pt. 1 by Louie S., TOP 100 165s
S., Shrugs, Never Quitl, Cognitive Pendulum Wave, 1000 lb. Squat Club, May/06 ... Ryan Kennelly, More with Marc Bartley (1058 lbs.) Squat Workout, Seniors, Acetylcholine, Wade Hooper

Nov/04 ... WPCWorld PL/BP, BAWorlds, Best Master Lifters, TOP 100 SHWs.

Minneti Interview, 2005 TOP 20 SQ, Atlantis Foundation, Louie on Max Louie S. on Speed Work, Travis Mash & Sep/05 ... IPA Worlds, York Hall of Women, Teenage, and Masters Rankings. Fame, Equipment for Sumo, Reactive Jun/06 ... Kennelly's Path to Power Tries 1008 BP, TOP 100 114s.

Siders Interview, Louie on DL Training, Oct/05 ... Deadlift Training by Louie Successful Meet, TOP 100 242s. Brian Schwab Squat Workout, World Jan/05 ... WABDL Worlds, IPF World Top 20 lists, AWPC Words, TOP 123s Interview, John Stafford Interview, Quest Nov/05 ... Kettlebells for PLers, Tony American, NERB, TOP 100 242s. S. on Accommodation, Mikesell SQ Jan/06 ... WPC Worlds - 970 DLI, IPA Louie on Kettlebells, TOP 100 114s. Workout, 1st Hawaii Record Breakers, Naitonals, AAU World Push Pull, Louis S. on Isometrics, Ted Arcidi, Tiny Meeker LIST THE ISSUES YOU WOULD LIKE APF Nationals, Louie Simmons on his Apr/05 ... WPO Amold Classic BP & PL, Interview, Herb Stroke, TOP 100 165s "Virtual Force Swing", Digit Ratios and USAPL Women's Nationals, Karwoski Feb/06 ... WABDL Worlds, WDFPF Re-Emerges, Jim Kilts Interview, 800# Worlds, IPF World BP, Good Mornings, Aug/04 ... IPF Women's Worlds, USAPL Drug Free DL Workout, TOP 100 220s Old School DL, Becca Swanson's Quest BACK ISSUES, BOX 467, CAMARILLO, Jun/05 ... Anthony Clark Passes, USAPL for the 2000 Total, TOP 100 181s. Simmons, Luke lams, Women's All Tim Men's & Masters, Beau Moore & Brad Mar/06 ... Mendelson BPs 1008, SQ/TOT, TOP 100 SHWs Kelley Interviews, John Black Westside BP Routine, 'One Car Garage

13th Miller's Ironhouse Natural BP

BENCH		Master (50+)	
WOMEN		B. Cormack	390
A. Resh	180	Master (55+)	
MEN		B. Shaffer	385
Teen Lt.		Leatherman	400
N. Boegle	305	R. Toby Sr.	235
B. Tvera	265	Open	
S. Davis	190	148 lbs.	
Teen Hvy.		S. Gregois	250
C. Wilkinson	290	D. Rose	115
B. Opel	215	181 lbs.	
D. Cox	80	L. Brown	225
Raw Lt.		198 lbs.	
B. Brittingham	345	R. Kunkel	335
D. Sands	295	N. Peogle	305
J. Kibler	160	220 lbs.	
Raw Hvy.		J. Sirbough	355
J. Kenney	460	M. McCann	305
R. Toby Jr.	395	242 lbs.	
Leatherman	400	R. Robinson	605
M. McCann	305	275+ lbs.	
Submaster (40	+)	B. Clark	500
R. Robinson	605	B. Younker	425
R. Mongold	357	Leatherman	400
S. Gregori	250	B. Carmack	390
J. Bigson 330			
	225		

This championships was held at Allegan High School. Randy Robinson, from Summ Point, WV, had the biggestlift of the day with 605 lbs., to capture the overall men' with 605 lbs., to capture the overall men's heavyweight title. Jason Kenney, from Martinsburg, WV, took the overall men's raw division with his 460 lbs. effort. Richard Kunkel,f rom Frostburg, captured the men's lightweight title with his 335 lb. lift. Justin Sirbough, from Cumberland, and high Regula from Redford took the over-Nick Beegle, from Bedford, took the over-all teenage title. Ashlee Resh, from Sipesville, PA, lifted 180 lbs. to win the overall women's title. Men and women overall women's title. Men and women competitors, from as far away as Virginia Beach, took part in this annual bench press event, and all the proceeds went to Tri-State Teen Challenge. Teen Challenge is a local program designed to help teens with substance abuse. A special thanks goes out to Mack McCann, who brought a big team from the Bedford, PA, area to compete and also to Randy Brooks from Winchester. also to Randy Brooks, from Winchester also to Randy Brooks, from Winchester, VA, who has supported this event every year. Thanks to the judges, Kevin Prosser (head judge), Mike Miller, and Andy Pannone. Thanks to spotters, Mark Porter and Jeremy Snyder. And, thanks to Linda Miller and Law Darby, who helped out in Miller and Larry Darby, who helped out in

Squat Workout of the Month, PLer at the Marc Bartley (1058 lbs.) Squat Workout, Bands, Tales from the Olympics, Nick Methods by Louie Simmons, Mendelson Kara Bohigian BP program, Things Louie S. Thinks You Should Know, Running A

Simmons, Raw Benching Westside Style, Jul/06 ... APF Seniors, Louie on 'the Lightened Method', Brad Gillingham

by Louie, Jo Walker DL Workout, All Conyers' 2033 total @ 165, Raw Aug/06 ... APC Natls., George Frenn Time Squats/Totals, TOP 100 165s Squatting by Jim Wendler, Fan Westside's Top BPers, Bill Gillespie, Feb/05 ... Mike Miller's 1200 lb. Squat, Fanaticism, Seguin Fitness, TOP 132s. Priscilla Ribic, Brent Howard Interviews, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Bench America, WPO Semis(1201 Sep/06 ... Mike Wolfe - IPF's Detlev Club, All Time DLers, TOP 100 165s squatl), AAU PushPull, GPC Worlds, Albrings - Wade Hooper Interviews Mar/05 ... Mendelson BP Classic, Louie Jason Beck Worlds Routine, TOP 148s Shawn Frankl - Janet Faraone Profiles

(AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA CA 93011. (SPECIAL PRICE ON **MULTIPLE QUANTITIES: 2-3 BACK** ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 Cup, Becca Swanson, Shrugs for a Big Jul/05... Roger Estep Passes, APF Seniors, Interview, WNPF Worlds, TOP 100 198 EACH, 25+ BACK ISSUES - WE BP, Advanced System for Beginners by IPF Women's Worlds, Louie on BP Apr/06 ... WPO Finals/Bench Bash, NEGOTIATE A BETTER PRICE)

ADAU Single Lift Nationals 22 JUL 06 - Johnson City, NY BENCH FEMALE 4th-320 SHW Master (50-54) S. Cole 270 Open J. McBride MALE SHW Youth (under 6) Master (50-54) S. Cole 1 160 A. Ellis MALE 44 lbs. 88 lbs. Youth (12-13) Youth (under 6) A. Ellis 25 C. Merkle 123 lbs. Teen (18-19) P. Zingone 455 Teen (16-17) M. Schneider 375 H. Claypatch 195 Master (60-64) P. Griffith Master (55-59) Submaster (35-39) C. Byrnes 4th-305 Teen (18-19) Spairana 250 P. Zingone 2 Master (50-54) Submaster (35-39) M. Gaal W. Claypatch 245 Master (60-64) 165 lbs. Master (55-59) P. Griffith 220 N. Theodorou 555 Master (40-44) P. Tout pen Spairana 140 omaster (35-39) Gaal 140 Master (60-64) M. Gaal J. Orengia Teen (18-19) 165 lbs. Master (40-44) P. Tout 2 Master (50-54) J. Moon 4: Master (50-54) 475 270 245 C. Maurer 305 Submaster (35-39) K. Miller Proudfoot 330 220 lbs. Master (50-54) V. Gengaro 260 Open R. Hanington 500 Submaster (35-39) K. Miller 200 Teen (14-15) Yarrington 390 Master (50-54) 242 lbs. C. Maurer 170 Open C. Border 198 lbs. Master (60-64) Master (55-59) L. Bucchioni 485 260 G. Baker Master (65-69) 245 I. Monk Open 220 lbs.

Athletes United Serving your eds since 1980! 1-800.64 · TROPHY 1@pikitup.com Mike Kuhns broke both the Open and Junior American ADAU Single Lift Records at the ADAU Single

Lift Nationals and won Outstanding Lifter in the Squat and Bench Press categories. Mike is only 20 years old and is seen above with his spectacular awards from the event. (photograph provided by Al Siegel)

Master (60-64) T. Yarrington 320 Orengia 370 Open Teen (18-19) Border 360 Master (40-44) Master (50-54) J. Rodgers C. Maurer 155 Teen (18-19) 425 C. Maurer 198 lbs. N. Seinera Open/Master (50-54275 lbs. 415 Junior (20-23) A. Knute D. Kuhns 220 lbs. These lifters passed drug tests, done by Quest Diagnostics: Robert Hanington, Paul Zingone, Christopher Byrnes, Scott Proudfood, Nick Seineera, and Arthur Knute. Outstanding Male Open Bench Presser: Mike Kuhns, from Whitehall, PA. Outstanding Female Bench Presser: Jes-sica McBride, from Johnson City, NY. Outstanding Teen/Junior Bench Presser: Nick Seinera, from Lower Burrell, PA. Outstanding Submaster/Master Bench Presser: Robert Dahlhamer, from Hagerstown, MD. Outstanding Male Open

270 R. Hanington 420

Teen (14-15)

Master (40-44)

P. Tout 181 lbs.

505

555

370

300

M. Scala

SOUAT

S. Cole

MALE

44 lbs

A. Ellis

148 lbs.

M. Kuhns

A. Fllis

165 lbs.

Griffith

Teen (14-15)

Teen (16-17)

SHW

FEMALE

Master (50-54)

Youth (under 6)

Open/Master (60-64)

M. Schneider 270

N. Theodorou 380

4th-280

Master (55-59)

Deadlifter: Brian Faenza, from Allentown PA. Outstanding Female Deadlifter Melinda Berbert, from Rochester, NY. Out standing Teen/Junior Deadlifter: Pau Zingone, from Brooklyn, NY. Outstandin Submaster/Master Deadlifter: Nic Theodorou, from Easton, PA. Outstandin Male Open Squatter: Mike Kuhns, from Whitehall, PA. Outstanding Female Squat ter: Shirley Cole, from Sayre, PA. Out-standing Teen/Junior Squatter: Art Knute from Whitehall, PA. Outstandin Submaster/ Master Squatter: Paul Griffith, from Gettysburg, PA. (results courtesy A

	198 lbs.				
		575	425	620	1620
	220 lbs.				
1	M. Johnson	390	360	430	1180
	J. Hilliard	325	280	355	960
(M. Branham	250	270	410	930
Z	242 lbs.				
í	K. McFadden	600	515	600	1715
	275 lbs.				
-	K. Malchow	665	410	575	1650
	C. Mann	460	355	500	1315
	(Thanks to D				
					1000

USAPL South Carolina S 22 JUL 06 - Columbia, SC

22 JOL	00 -		Separate Separate		100
BENCH			Brothe	rs	295
FEMALE			lbs.		
114 lbs.			Pardue		425
J. Smith	150		Sutton		270
148 lbs.			slbs.		
L. Pardue	80		sbell		
MALE			McCask		385
148 lbs.			lbs.		
K. Locklear	350		Belk		
165 lvbs.		C.	Willian	18	490
J. Mouzon	435	D.	Ricafre	nt	400
181 lbs.		SH	W		
N. Iseael	365	5. 5	Scott		365
Y. Dodani	315				
FEMALE	SQ	BP	DL	T	OT
148 lbs.	PPLE				
R. Bagnal	255	95	255	6	05
165 lbs.					
J. Wheeler	245	155	260	6	60
MALE					
114 lbs.					
D. Lee	75	50	125	2	50
132 lbs.					
S. Warren	305	255	405	9	65
148 lbs.					
R. Bilancione	480	290	505	1	275
K. Locklear	330	330	340	1	00
165 lbs.					
M. Stanley	500	350	585	1	435
181 lbs.					
N. Isreal	505	365	475	1	345
M. Steck	440	315	405	1	160

275 lbs

(i Siegel)	NO	VA Raw PL/BP	
Lower D	5 AUC	06 - Sterling, V	Α
tate	BENCH	J. Riker	385!
SC	181 lbs.	M. Henswo	rth315

R. Perconte	365	(40-4	4)	
198 lbs.		S. Ku	zma	510!
(45-49)		275 1	bs.	
A. Patterson	410!	(50-5	4)	
220 lbs.		B. Sc	henpf	350!
Open			APL)	
132 lbs.	SQ	BP	DL	TOT
Open	Newson			
W. Matinez	295!	205!	350!	850!
(17-18)				
W. Matinez	295!	205!	350!	850!
220 lbs.				
Open				
K. Spittler	405	335	450	1190
J. Cale	365	245	425	1035
SHW				
SHW (40-44)				
	365	300	495	1160
(40-44)				
(40-44) J. James !=NOVA Raw with 12 NO	Record VA rav	s. This	was a for	ing set.
(40-44) J. James !=NOVA Raw	Record VA rav	s. This	was a for	ing set.
(40-44) J. James !=NOVA Raw with 12 NO	Record VA rav cluded	s. This v reco	was a for rds be Kuzma	ing set. with a
(40-44) J. James !=NOVA Raw with 12 NO Highlights in 510 bench pr 410 bench pr	Record VA rav cluded ess and ess. Bi	s. This v reco Scott l Art P	was a fords be Kuzma attersor epf reti	ing set. with a with a urned to
(40-44) J. James !=NOVA Raw with 12 NO Highlights in 510 bench pr 410 bench pr lifting after a	Record VA ray cluded ess and ess. Bil 13 year	s. This v reco Scott l Art P ll Schner abser	was a fords be Kuzma attersor epf retu ice, wit	un meet, ing set. with a with a urned to th a 350
(40-44) J. James !=NOVA Raw with 12 NO Highlights in 510 bench pr 410 bench pr	Record VA ray cluded ess and ess. Bil 13 year	s. This v reco Scott l Art P ll Schner abser	was a fords be Kuzma attersor epf retu ice, wit	un meet, ing set. with a with a urned to th a 350
(40-44) J. James !=NOVA Raw with 12 NO Highlights in 510 bench pr 410 bench pr lifting after a	Record VA ray cluded ess and ess. Bil 13 year Waldre	s. This v reco Scott l Art P ll Schn ur abser n Marti	was a fords be Kuzma attersor epf reto nce, wit nez set	un meet, ing set. with a with a urned to th a 350 records
(40-44) J. James !=NOVA Raw with 12 NO Highlights in 510 bench pr 410 bench pr lifting after a bench press. 'in open and 1	Record VA ray cluded less and less. Bil 13 year Waldren 7-18 ag	s. This is reco Scott I Art P II Schner abser In Martine group	was a fords be Kuzma attersor epf reto ace, wit nez set b. He is	un meet, ing set. with a with a urned to the a 350 records also the
(40-44) J. James !=NOVA Raw with 12 NO Highlights in 510 bench pr 410 bench pr lifting after a bench press.	Record VA rav cluded ess and ess. Bil 13 year Waldren 7-18 ag gion Hi	s. This v reco Scott l Art P ll Schn ur abser n Marti ge group gh Sch	was a fords be Kuzma attersor epf retunce, with nez set to Ol Che is ool Che	un meet, ing set. with a with a urned to the a 350 records also the ampion.
(40-44) J. James J.=NOVA Raw with 12 NO Highlights in 510 bench pr 410 bench pr lifting after a bench press. 'in open and 1 Northern Reg Thank you to	Record VA rav cluded less and less. Bil 13 year Waldren 7-18 ag gion Hi	s. This v reco Scott l Art P ll Schn ur abser n Marti e group gh Sch ind for	was a fords be Kuzma attersor epf retunce, with nez set to the incomplete of the sponsor was a few attersor at the incomplete of the sponsor was a few attersor at the incomplete of the sponsor at the incomplete of the sponsor at the incomplete of the sponsor at the incomplete of th	un meet, ing set. with a with a urned to th a 350 records also the ampion. ring our
(40-44) J. James !=NOVA Raw with 12 NO Highlights in 510 bench pr 410 bench pr lifting after a bench press. in open and 1 Northern Res	Record VA rav cluded ess and ess. Bil 13 yea Waldren 7-18 ag gion Hi Ironmi	s. This v reco Scott I Art P II Schn ar abser n Marti e group gh Sch ind for sit the	was a fords be Kuzma attersor epf retrace, with nez set to the isool Chapter were sponsor eir was a ford be between the contraction of the contrac	un meet, ing set. with a with a urned to the a 350 records also the ampion. ring our eb site

here is a FREE service to publicize your contest to thousands of **COMING EVENTS** potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA

14 OCT, 2nd NASA/YMCA Great Lakes Regional, David Oyler & Cheryl Targos, Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, IL 60174, 847-828-8964

93011 in order to obtain proper

advance notice. You will be

reaching MANY people who may

be interested in your meet.

MEET DIRECTORS ... a listing

14 OCT (new date and location name) APF New England Open Bench Press (Amoskeag Inn Conference Center - SAME HOTEL - NEW NAME) Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489 nhbodybuilding@yahoo.com

14 OCT, NASA KY Regional (PL/ BP/PS/PP-Louisville, KY) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com 14 OCT, Walker's Gym Bench Press

for St. Jude's Hospital (Raw/open. men, women, teen, masters, military police/fire-Walker's Gym, Hopewell VA) Barry Walker 804-458-7918

14 OCT. AAU Crain Bench Press & Deadlift Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net

14 OCT, APF/AAPF Asylum Power (full power, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi or Zane 518-858-7002. McCaslin candyazz@ironasylumgym.com,

14 OCT. SPF/WBPLA Worlds: Open/RawP/P.BP.DL(Riverview Terrace Hotel, Gatlinburg, TN, turn right at red light #6) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-

14 OCT, APF/AAPF Mississppi State (PL/BP-Hattiesburg, MS) Joe Ladnier, ladinc@bellsouth.net

14 OCT, Iron House Push Pull (Zanesville, OH) Mike 740-704-4747, www.ironhousezanesville.com

14 OCT, SLP Oklahoma State BP/ DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429 sonlight@netcare-il.com,

APC 53rd Iron Man Open

Powerlifting & Bench Press Challenge

(open, masters, teenage, women, junior)

Mr. Iron Man, Ms. Iron Woman

Over 40 Mr. Iron Man

A.P.C. National Qualifier

December 9th, 2006

(Fresno, CA) Bob & Kim Packer

559-322-6805, 559-323-3892

14 OCT, NASA Colorado Regional

Championships (PL/BP Only/PS/PP CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513,

14 OCT, USAPL Florida Collegiate State (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, ww.geocities.com/floridausapl 14 OCT, Eastern USA Open (Do-

ver, DE) Scott Taylor, APA President, 941-626-4247, scott@apa-wpa.com 14 OCT, South Jersey Bench Press (Broadway Theatre, Pittman, NJ) Mike Charnik, Almonesson Rd., Dept Ford, NJ 08096, 856-228-7180

14 OCT, USAPL South Florida Open Bench Press/PL Championships (Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausanl 14-15 OCT, Practical Nutrition Tac-

tical Strength, a Total Performance Sports Seminar with CJ Murphy, MFS, at Nazareth Barbel Powertraining, 181 South Whitfield St., Nazareth, PA 18064, 610-365-8776 or 617-387-5998, deb@nazbar.com, www.nazbar.com. mumh@totalperformancesports.com 15 OCT, SLP Missouri State BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429. sonlight@netcare-il.com. nower.com

18-20 OCT, NAPF Regional Bench Press Championships (San Jose, Costa Rica) Robert Keller, 954-790-2249, rhk@verizon.net

20-22 OCT, AAU World Powerlifting, International Push/Pull & Single Lift (Richmond, VA) after 7PM EST 804-559-4624, VAPowerlifting@aol.com, www.aausports.org

20-22 OCT (NEW DATE), WDFPF Single Lift Worlds (John Clow, Bendigo, Australia) jmedney@wiu.edu

21 OCT (NEW DATE/LOCA-TION), USPF Regional PL/Single Lift Championships (2007 Qualifier Works Fitness World, New Martinsville. WV) Matt McCase, 210 Gilbob St. Fairmont, WV 26554, 304-376-

21 OCT, Kentucky Muscle Push Pull Championships (Louisville, KY) Scott aylor, APA President, 941-626-4247, scott@apa-wpa.com

21 OCT, Pennsylvania Power Challenge X (BP, DL-Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-

21 OCT, 4th Tom Foley Bench & Deadlift Classic (Applications must be submitted with fee by 14 October, Nanuet, NY) Premier Fitness, 430 Nanuet Mall South, Nanuet, NY, 10954.845-920-0501

21 OCT (new date), PPL USA Powerlifting Drug Free (BP/DL/PP/ Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd. Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/

21 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net 21 OCT, 100% Raw Virginia State Bench Press/Curl Championships (Stanardsville, VA) John Shifflett,

21 OCT, PPL Drug Free Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806

21 OCT, SLP Ultimate Body Fitness Chicago Open BP/DL (Chicago, IL) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-.com, www.sonlightpower.com

21 OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com

21,22 OCT, NASA 2nd "Genuine" Unequipped Nationals (PL/ BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735. Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

21-22 OCT, USAPL Pacific Open, Richard Schuller, 12916 47th Ave. SE, North Bend, WA 98045, 206-

22 OCT, Indian Summer BP/DL (Granger, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-22 OCT (NEW DATE), SLP Fall

BP/DL Classic (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-

27-29 OCT, 15th WNPF World PL & USSA World Strongman Championships & WNPF USA Body Building Championships & WNPF Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 678-817-4743, 30214. wnpf@aol.com

28 OCT, AAU 9th annual Fred

Rogers Paul Smart Classic (NY), Steve Rogers, 315-365-3377,

seepser67@tds.net

28 OCT, ANPPC National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare il.com, www.sonlightpower.com 28 OCT, IBP SC State Bench Press (Seneca, SC) Keith Payne, 336-766

28 OCT, Night of the Living Dead III Professional Deadlift Meet, Alex Campbell, 615 Swimming Pool Rd. Hampton, TN 37658, 423-725 2415, abcampbell69@hotmail.com 28 OCT, USAPL Central PA "Hal loween Havoc", Richard Davis, Box A Route 26, Bellefonte, PA 16823, 814-355-4874x229

28 OCT, APA Fall Classic Full Power (Total Fitness, Piedmont, SC) Kate 864-286-0532 Taillon. kathrvn264@charter.net

28 OCT, 2nd annual Open BP. Scott Bixler, 11 Longwell Ave. Westminster, MD 21158, 443-789

28 OCT (corrected phone num ber), ADAU 24th Raw "Central PA Open" (Drug Free - Bigler, PA) Siege Engraving, 304 Daisy St., Clearfield PA 16830, 814-765-3214

28 OCT, NASA Iowa Regional Cham pionships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527

28 OCT, Indiana Open (PL/BP/PP/

28 OCT, USAPL Hudson Natural Open (WI) Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017 715-246-3560

28 OCT, APF South Dakota Metal Massacre Push Pull, josh LAw, 1801 Summit St., Yankton, SD 57075, 6 0 5 - 6 6 0 - 3 3 9 2 lawmercia@hotmail.com

29 OCT, SLP Southern Illinois Open BP/DL (Anna, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com

www.sonlightpower.com 29 OCT, The Power Gym Halloween Havoc BP (50 entries, all wts/divs Taylor, PA) Joe Moe 570-562-3642, mocevuni@neiu.org

OCT, 100% Raw Virginia State BP/ Curl, John Shifflett, Box 941 Stanardsville, VA 22973, 434-985valifting@aol.com www.virginiausapl.com

OCT. USAPL Florida Collegiate BP & PL and Southeastern USA Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249. rhk@verizon.net www.geocities.com/floridausapl

OCT/NOV, AAU World PL (Virginia) 804-559-4624 after 7PM (EST), www.aausports.org 1-5 NOV, GPC World PL/BP

(Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080 www.globalpowerliftingcommittee .com, www.americanpowerlifting committee.com 3-4 NOV, USAPL Dakota Open

Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-393-211 4 NOV, NASA WV Regional (PL/ BP/PS/PP-Ravenswood, WV) Greg

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Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com

4 NOV, NASA Kansas City Regional (PL/BP Only/PS/PP - Kansas City. KS) Jim Duree, jduree 7086@aol.com, 9 1 3 - 6 2 6 - 1 1 4 2 4 NOV (NEW DATE), WNPF Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville. GA 30214, 678-817-4743,

4 NOV, USA "Raw" Bench Press Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcareil.com, www.sonlightpower.com 4 NOV (NEW DATE), NASA Arizona Regional (PL/BP Only/PS/PP Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513,

4 NOV, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com 4 NOV, APF Texas Cup (Dallas, TX) Garry Pendergrass, 1-800-378-6460, www.seguinfitness.com 4 NOV, APA Battle on the Bay (Bay

City, MI) www.apa-wpa.com 4 NOV, USAPL Central Maine BP. Terry Halliday, Box 85, Waterville, ME 04903, 207-314-0430

4 NOV, Atilis Gym Bench Press Meet, Chris Lambert, Atilis Gym, 3015 Pacific Ave., Widlwood, NJ 08260, 609-729-5693

4-5 NOV, WPA World Powerlifting Championships (Newport, ME) ajhstork@earthlink.net,

www.apa-wpa.com 5 NOV, USAPL YMCA Northwest Women's Championship, Paula Houston, 1700 23rd Ave., Seattle, WA 98122, 206-709-0410

5-11 NOV, IPF World Championships (women, men - Stavanger, Norway) Robert Keller, 954-790-2249, rhk@verizon.net, www.powerlifting-ipf.com

10-12 IPA Senior National PL/ BP (\$1000 cash prize for Biggest SQ, BP, DL) York Barbell Co., 3300 Board Rd., York, PA, Mark and Ellen Chaillet, 717-495-0024, Chailfit@suscom.net or Echaillet@aol.com

10-12 NOV, WDFPF World PL Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jmgedney@wiu.edu

11 NOV, APF/AAPF Illinois Record Breakers - Velocity Sports Willowbrook, IL, Eric Stone 630 9 4 - 0 5 9 4 thestone@chicagopowerlifting.com 11 NOV, NASA Southeastern States

Regional (PL/BP/PS/PP-Bristol, VA) Greg Van Hoose, RR 1, Box 166 Ravenswood, WV 26164. www.vhepower.com

11 NOV, Mighty Christian PL Contest, Newton Romualdo, Mighty Gibbors Inc., 79 Basset Hwy., Dover, NJ 07801, 973-303-3645 bbors@aol.com

11 NOV, 13th Berkshire Nautilus Memoral Push Pull (Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201) Glenn McBurney, 413-499-

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11 NOV, APF Iron Playground Clas-Sam www.ironplaygrond.net, 423-877-

11 NOV, IBP NC State Bench Press Championships (Henderson, NC) Keith Payne, 336-766-3347

11 NOV, NASA Veteran's Memorial Meet, Rich Peters, , P.O. Box 735, Noble, OK 73068, 405-527-8513,

11 NOV, APA Best in the West Championship (Sacramento, CA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-

11 NOV, SLP Ohio State BP/DL (Hamilton, OH) SLP, 122 W. Sale,

Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightnower.com

12 NOV, 1st annual SLP Doreen M. Chapman Memorial BP (Antioch, IL -men, women, teen, submaster, master) Leroy Chapman, 847-731-3769 15-20 NOV, WABDL World Championships (BP/DL - Las Vegas, NV) Gus Rethwisch, 763-545-

18 NOV, USAPL Ohio PL/BP (Men's, women's, open, raw, master, teen, police/fire) Ed or Frank 440-439-5464, www.kingsgymohio.com corrected website address)

18 NOV, AAPF Southern States (Lake City, FL) 386-734-3128, worldpowerlifting.org

18 NOV, 100% Raw World Bench Press Championships (Currituck,

rawlifting@aol.com 18 NOV, WLOP CT Classic BP. WLOP, 7238S. Painter Ave., Whittier, CA 90602, 562-693-8005

18 NOV, Carl Seeker's War for the Sword III (uns. BP/DL - Youngsville, PA) Carl Seeker, 814-706-2321, seeker4@verizon.net,

www.ironasylumgym.com 18 NOV, SLP Kentucky State BP/ DL (Louisville, KY) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

18 NOV, USAPL 16th ID State/ Open PL Championships & Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-

18 NOV, USAPL MA/RI State Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714

18 NOV, North Bergen PAL Bench Press Championships (North Bergen, NJ) Jim Onderdonk, after 7:00 201-803-4750

18 NOV, USAPL North Carolina State/Open, Jennifer Thompson, 4408 Lake Shore Rd. N., Denver, NC 28037, 704-483-6332

18-19 NOV (NEW DATE), WNPF USAvs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

19 NOV, USAPL Southeastern USA Regional Championships (BP, PL -Port St. Lucie, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

19 NOV, USAPL Southeastern USA Regional BP/DL, Brian Burritt, 5544 NW East Tocino Parkway, Port St. Lucie, FL 34986, 973-390-3565 19 NOV, ADAU Connecticut State (PL/BP - Brookfield, CT) Rob De La Vega, 71 Commerce Dr., Brookfield.

gbrookfield@sbcglobal.net 19 NOV, ISS Bench Press Champi onship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144. 654-6020

CT 06804, 203-775-8548

mikesbench@hotmail.com 25 NOV, Southern USA Championship (Tunica, MS) www.apa-wpa.com 25 NOV, NASA Kansas Regional Championships (PL/BP Only/PS/PP Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL (217) 253-5429 sonlight@netcare-il.com,

www.sonlightpower.com NOV, APF Galaxy Gym Invitational Powerlifting & Bench Press Championships, J. Fellows, 17 Circle Dr., Meredith, NH 03253

1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047

2 DEC, 23rd Southeastern Cup PL/ BP Classic [open (m &f), class II (m & , Police & Fire, Teen, Masters - Cook Middle School Gym] Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620. day 229-896-3988, gym 229-896-

2 DEC, 8th annual Big Bench Shootout & Eastern States Raw BP (belts only), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-

2 DEC, USAPL Albany Strength Championships, John Payette, 332 Central Ave., Albany, NY 12206, 518-433-1703

2 DEC, John Bernor and East East Barbell Present APF/AAPF PL, Ironman, Single Lift Championships (Riverhead, NY) John Bernor, 631 846-4034, www.ironasylumgym.com 2 DEC, Michigan Wolverine (PL, BP Ironman - Kalamazoo, MI - \$2000 prize money) Mike White, 269-207-

strengthbeyondfitness@yahoo.com

2 DEC, NASA Missouri Regional Championships (PL/BPOnly/PS/PP-Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-

8513, sqbpdl@aol.com
2 DEC, APF Pine Tree State Open
(PL/BP) Chris Wiers, 14 Fern St.,
Auburn, ME 04210, 207-777-3393 or 207-212-6453

2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

2 DEC, NASA Push it - Pull it - Lift it Championships (Rio Rancho, NM) Mike or Teale Adelmann, mike@liftinglarge.com, 505-891-

2 DEC (added phone number), 6th Pocket Samson's Christmas Bench Press & Deadlift (men, women, all wt. divisions, sculptured trophies, team clock trophy, Toys for Tots silent auction) Westminster YMCA, 1719 Sykesville Rd., Westminster, MD 21157, Jeff Sprinkle, 410-848-3660 EXT 223, or call Samson, 410-634-

2 DEC, U.S.A. Power Open BP & DL (separate contests - teen, women, masters, men's open) B&R Family Fitness, 1040 Mill Creek Dr., Feasterville, PA 19053, Dave West 3 10PMEST, 215-355-2700 XT 130 2 DEC, NASA Upper Midwest (BP/ PS/PP - Springfield, OH) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com

2 DEC, Walker's Gym Deadlift Classic (Raw/open, men, women, teen, masters, military, police/fire-Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918

2 DEC (Tentative), APA Clash of the Iron Barbarians (Pautuxent, MD)

www.apa-wpa.com

2 DEC, 19th Elkart Bench Press Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683,

2-3 DEC, USAPL Colorado State PL/BP Championships (??) Dan Gaudreau, 155 S. Dearborn circle, Aurora, CA 80012, 303-475-3366 3 DEC, APA Holiday Classic VII (Goodlettsville, TN) Wade Johnson, 6 1 5 - 7 8 2 - 4 0 3 6

supersquat800@yahoo.com
3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-

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9 DEC, AAU Maryland State BP (Residents only) & Eastern DL Open (Dumbarton H.S., Towson, MD) Brian Washington, 410-265-8264, Brian@usbf.net **9 DEC**, SLP Arkansas Christmas for

Kids BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcarem, www.sonlightpower.com

9 DEC, NASA West Texas Regional (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble. OK 73068, 405-527-8513,

9DEC, USAPL Midwest Senior State, Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182 9 DEC, USAPL Virginia PL/BP/DL/

Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com

9 DEC (DATE CHANGE), Immaculate Heart of Mary Holiday BP, DL, Ironman (Youngston, OH) Ron DeAmicis, 330-792-6670

9 DEC, 100% Raw World Championships (Sheraton Burlington Conference Center, Burlington, VT) Paul pres@rawpowerlifting.com, Bret K e r n o f f , vtpowerlifting@adelphia.net, 802-865-2747

9DEC, APFRio Grande Valley Championships (Harlingen, TX) Garry Pendergrass, 1-800-378-6460,

sic (location TBA, FL) www.apa-16 DEC, NASA Illinois "Christmas" Regional (PL/BPOnly/PS/PP-Flora. IL) Rich Peters, P.O. Box 735, Noble.

OK 73068, 405-527-8513 16 DEC, 9th WNPF Sarge McRay

www.seguinfitness.com

9 DEC, APA Green Mountain

Regionals (Fairhaven, VT) www.apa-

9 DEC, IPA Christmas Carnage (full

power, BP - Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-

9-10 DEC, USAPL Northeastern

USA Regional Championships (BP

PL - Scranton or King of Prussia, PA

Robert Keller, rhk@verizon.net, 954-

7 9 0 - 2 2 4 9

9,10 DEC, APC 53rd California

Iron Man (Fresno, CA) Bob Packer

(559) 322-6805 or (559) 658-5437

9,10 DEC, APF Southern States

(Jacksonville, FL) 386-734-3128.

worldpowerlifting.org
10 DEC, SLP Oklahoma Christmas

for Kids BP/DL (Sallisaw, OK) SLP

122 W. Sale, Tuscola, IL 61953.

(217) 253-5429, sonlight@netcare-

com, www.sonlightpower.com

10 DEC (corrected phone num-

ber), ADAU 14th Raw "Coal Coun-

try" Classic (SQ/BP/DL/Open/All

ages - Bigler, PA) Siegel Engraving 304 Daisy St., Clearfield, PA 16830

16 DEC (NEW DATE), Iron Cham-

ber Gym BP/DL (East Canton H.S.

Canton, OH) Jeff Begue, 330-844

16 DEC, River Valley Classic BP

(Horseheads High School Horseheads, NY) Ed Patten, 220 S

Walnut St., Elmira, NY 14904, 607

16 DEC, 4th Bench Press & Deadlift

Classic (Lehighton, PA) Rob Eckhart, 610-377-5852, eckhart1@ptd.net

16 DEC, APA Grand Floridian Clas

814-765-3214, al@pikitup.com

Championships (BP,DL, Ironman, PC -Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 678-817-4743 30214. wnpf@aol.com

16DEC, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bmfsports.com

16 DEC, 100% Raw Christmas Clas sic BP/Curl, John Shifflett, Box 941 Stanardsville, VA 22973, 434-985

16,17 DEC, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, Nuevo,

naturalpower@earthlink.net 30 DEC (New Date), SLP "The Last One" BP/DL, SLP, 122 W. Sale Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

13,14 JAN, APF/AAPF Lexen Xtreme Open, Dan Dague, 3665 Garden Ct., Grove City, OH 43123, 614-554-8824

27 JAN, APF/AAPF Buckeye Open PL/BP, (Days Inn, Fremont, OH) Rob Twining, 419-334-2982,

27 JAN (NEW DATE), APF Michi-

UPCOMINGSLPCOMPETITIONS

14 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) 15 OCT, SLP Missouri State BP/DL (Springfield, MO) 21 OCT, SLP Ultimate Body Fitness Chicago Open BP/DL (Chicago, IL) 22 OCT (NEW DATE), SLP Fall BP/DL Classic (Mattoon,

> Son Light Power 122 W. Sale, Tuscola, IL 61953 217-253-5429

www.sonlightpowre.com sonlight@netcare-il.com

ship/Bench for Cash, Jim Harboume, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019 28 JAN, Winter BP/DL Classic, Jon Smoker 30907 CR 16, Elkhart, IN 46516, 574-674-6683.

3 FEB, USAPL Virginia Open (PL, BP, Ironman-Raw and Assisted, Culpeper) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932,

3 FEB, AAU Sooner State Games Winter Festival (BP/DL - Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net 3 FEB, NASA Arizona State (Un/Equipped, PL/ PS/PP/BP Only - Mesa, AZ) NASA, Box 735, Noble, OK 73068, 405-527-8513, sgbpdl@aol.com 10 FEB, New Castle's 16th annual BP (men, women, teen, masters) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-

16-18 FEB, USAPL Women's Nationals, Paul Fletcher, 17735 Creek Hollow Rd., Baton Rouge, LA 70617, 225-753-8586

17 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships (World Qualifier - Beaver alls, PA) Charles Venturella 724-654-4117

17 FEB, APF/AAPF Candyazz Classic (PL, single ift-Iron Asylum Gym, Tribes Hill, NY) Sand or Zane 518-858-7002. www.ironasylumgym.com

17 FEB, Valentine Strongman & Wife Carrying Contest (Woodlands, TX) donpbaker@gmail.com, http://sports.groups.yahoo.com/group/

17-18 FEB, NASA Ohio State High School & Teenage Nationals (PL/BP/PP - Springfield, OH) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com 24 FEB, USAPL SDPL & BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, 605-201-2411 FEB, APF/AAPF Illinois State, Ernie Frantz/Amy Jackson, 630-896-7309, amuliackson@aol.com FEB/MAR, USAPL Florida State Powerlifting Championships (Miami or Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausan

3 MAR, NASA Bench Press Nationals & Midwest Power Sports & Push Pull Championships (Kansas City, KS) NASA, Box 735, Noble, OK 73068, 405-527-8513, sabpdl@aol.com

10 MAR, USAPL Military Nationals, John Pena, 2065 S. Aliso Spring Ln., Tuscon, AZ 85748, 520-312-2110

10 MAR, NASA Missouri State High School & Open State Championships (PL/BP Only/PS/PP Joplin, MO) NASA, Box 735, Noble, OK 73068,

10 MAR, NASA Police, Fire, Military Nationals (Kansas City, KS) Jim Duree, iduree 7086@aol.com

10 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Raw/open, men, women, teen, masters, military, police/fire-Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918

17 MAR, NASA Tennessee State (PS/PL/unequipped, BP/PP-Pickwick St. Park, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513,

24 MAR, NASA KY State (PL/BP/PS/PP -



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Paintsville, KY) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com 25 MAR, 8th Pittsburgh Monster BP & DL (men, women, all divisions, all classes, cash prizes Holiday Inn Airport, Pittsburgh, PA) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

31 MAR-1 APR, NASA High School Nationals (Un/equipped, PL/PS-Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

MAR, Oklahoma Open/BP/DL State PL, Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net

MAR, APF Junior Open Nationals & Windy City Open - Velocity Sports, Willowbrook, IL, Eric Stone 630-794-0594,

thestone@chicagopowerlifting.com
MAR, NASA Power Sports Nationals & Unequipped PL (PL/BP/PS/PP - Russellville,
AR) NASA, Box 735, Noble, OK 73068, 405527-8513, sqbpdl@aol.com
13-15 APR, USAPL Collegiate Nationals

Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

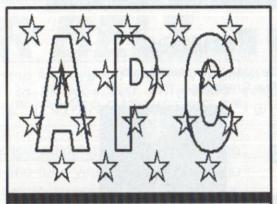
14 APR, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com

14 APR (new date), NASA The HUGE One (Milwaukee, WI) Job Hou-statechairman@wisconsinpowerlifting.com Hou-Seve.

14 APR, APC Georgia State PL/BP, L.B. Baker, 770-713-3080, www.irondawg.com 21 APR, Dungeon Powerworks Drug Free Bench

Slam & Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 269-506-5386 or 269-435-7586

21-22 APR, Power Palooza IX (full power, BP, DL Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823 27,28 APR, WDFPF European Single Event Championships (Horgen, SWI) www.wdfpf.cc



American Powerlifting Committee

4-6 MAY, USAPL Master Nationals (MILWAUKEE, WI), Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-5 MAY, NASA Bartlesville Push Pull Robert Keller, 954-790-2249,

(Bartlesville, OK) Jim Duree, jduree7086@aol.com 5 MAY, NASA Western States

(Equipped, Unequipped PL/PS/PP/ BPOnly-Mesa, AZ) NASA, Box 735, Noble, OK 73068, 405-527-8513,

MAY, USAPL Florida State High School Championships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

9 JUN, ADFPF Open Powerlifting (single, strongman, unequipped-Washington Square Mall, Evansville, IN) Dick Conner, Meet Director,

www.adfpf.org
9 JUN, NASA Kansas City Push Pull
(Kansas City, KS) Jim Duree, idurgo 7086@aol com

9-10 JUN, USAPL Teen/Jr. Nationals, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814

JUN, NASA USA Nationals, (PL, JUN, NASA USA Nationals, (PL, BP, PS, PP-Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
JUN, 5th IPF/NAPF North American Powerlifting Championships

(Guatamala City, Guatemala) Robert Keller, rhk@verizon.net, 954-790-2249

12-15 JUL, USAPL Men's Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

14-17 JUL, AAU National Powerlifting Championships & Sooner State Summer Games (Oklahoma City, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051,

21 JUL, NASA Grand Nationals (Un/equipped, PL/PS/PP/BP Only - Pickwick St. Park, TN) 21-22 JUL, AAU National PL/ Sooner State Games (Oklahoma City, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net

28 JUL, Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3 0 6 8 / 3 1 6 7 allamericanfitnessvt@yahoo.com JUL, APC Nationals & America's

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Cup PL/BP, , L.B. Baker, 770-713-3080, www.irondawg.com JUL, USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL)

> rhk@verizon.net www.geocities.com/floridausapl JUL, USAPL/USOCTropical Games Championships (BP, DL-West Palm Beach, FL) Robert Keller, 954-790-

> 2249. rhk@verizon.net, www.geocities.com/floridausapl 4 AUG, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885,

www.northernvarawpower.com 4 AUG, APF Florida State BP/ Ironman (Boca Raton, FL) Bob Youngs, Ed Rectenwald, Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com

AUG, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501, 402-47-

20 OCT, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, 73068,

sqbpdl@aol.com OCT, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc 3 NOV, Northern VA Raw PL/BP

(Sterling, Virginia) John James, 703-4 7 5 - 9 8 8 5 , www.northernvarawpower.com **3 NOV**, NASA Kansas City Regional (Kansas City, KS) Jim Duree. iduree7086@aol.com

NOV. USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790rhk@verizon.net, www.geocities.com/floridausapl

NOV, USAPL Police & Firefighter National Championships (BP, PL Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl DEC, 6th USAPL American Open Championships (BP, PL - Philadel phia, PA) Robert rkh@verizon.net, 954-790-2249

17-19 FEB 08, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814

5-7 MAY, APF Master, Submaster, Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-

5070 or 207-754-9927 7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

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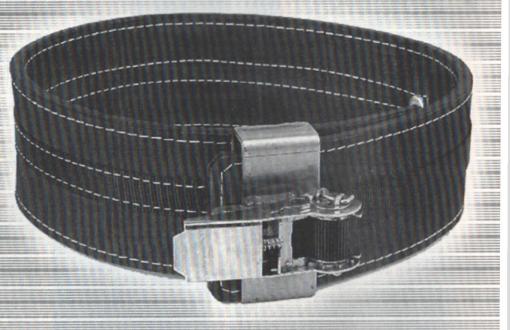
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(continued from page 18)

4th place. Minnesota's Tony Reid rode a 429 bench into the bronze medal position, his highest finish ever at this meet. Todd Straub moved up a class this year with excellent results, including the meet's first 9/9 performance. Todd had balanced lifts across the board with an especially impressive 446 bench to nearly break 1700 and end up with a 2nd place finish. This lifter is only 26 and shows great promise in the coming years.

Twelve years ago almost to the day, Dan Austin and David Ricks had one of the greatest head-to-head battles in powerlifting history at the 1994 USPF Seniors in Houston. That year the battle was at 165 and came down to the last pull with

Dan Austin pulling a then WR 744 deadlift to barriers in the BP and DL respectively. Kris Hunt hit three

years, move up to the 181's and it was "game on" all over again. The battle hit full speed during the squat with David going 3/3 to end with a very nice 722. After a solid 711 2nd attempt, Dan took a shot at the Master WR in the squat with 738 that was a little too much on this day. David continued the momentum in the bench with a 468 comeback attempt that put him on the verge of a 1200 subtotal. Unfortunately for everyone in attendance Dan was unable to record a bench so we all missed out on seeing that legendary Austin pull. The weight (369) was not a problem, it appeared to be more of a groove issue. Dan seemed to be fighting the groove of the shirt on all three attempts to no avail. It's hard to believe that Dan will be turning 50 in a few years but it is always an honor to watch him lift and lets hope we will see him return to St. Louis next summer. With a now commanding lead, David's focus turned to one goal that he has been focused on for many years. On Friday, David approached me and asked if I would run his numbers. gladly accepted and quizzed him a little about his training. I quickly learned that the 5-time



Tony Cardella pulled an 804.

World Champion had never totaled 1900. I myself was shooting for this same goal later in the weekend so we made a deal to help each other break the barrier. After subtotal, 711 was the number that Dave would need to break 1900. A light opener at 661 was pulled easily but at the top, David seemed to come forward at the lockout and red lights resulted. This was only a minor disruption, as David repeated the weight without trouble and then went to the 711 and the PR total. The DL was steady and strong to give Ricks a 1901 total and proved that at 47 years of age you can still make gains. Way to go Mr. Ricks, it was a privilege to work with you. Next step is a 2000 total.

As at 165, ten lifters entered the 198's this year. Joe Whitcomb took the final spot with a 1527 total. One spot ahead was Todd Shelton who struggled to a 3/9 finish. Todd attempted a class high 672 DL. Joel Legard finished in 8th after breaking the 400 and 600

beat Ricks at the wire. Imagine having to pull solid pulls to break 1600 in 7th, just behind Sean Timonen more weight than anybody on the planet just to who tried a 650 DL to move up a spot. Veteran Nationals win your class at the Nationals. Fast forward 12 competitor Sean Dictaldo, was a class light 187LBS but hit a class high 633DL to

> finish in 5th. Kevin McCloskey recorded a 479 bench to nearly reach 1700 in 4th. "Iron" Mike Wade, a protege of the former IPF World Champion Gene Bell, struggled to get a squat on board and then barely missed John Pena had the early

MALE	SQ	BP	DL	TOT
114 lbs.	182	1. 基础		133
E. Gainer	407	297	474	1179
J. Welch	347	198	363	909
123 lbs.				
D. Holloway	468	314	573	1355
132 lbs.				
Washington	523	314	512	1350
Kupperstein	496	259	567	1322
J. Bareng	407	314	451	1174
A. Komy	308	308	396	1014
148 lbs.				
C. Williams	694	473	584	1752
M. Derstine	529	325	595	1449
D. Matsumoto	529	413	507	1449
165 lbs.				
W. Hooper	755	534	600	1890
J. Schupbach	540	374	578	1493
M. Cagliola	551	418	479	1449
P. Keenan	551	325	529	1405
H. Tan	507	358	490	1355
K. Davis	485	352	518	1355
P. Wells	457	352	507	1317
E. Deleon	479	308	507	1295
E. Nickson	633	-	628	3-33
181 lbs.				
D. Ricks	722	468	710	1901
T. Straub	633	446	617	1697
T. Reid	567	429	617	1614
I. White	578	380	611	1570
I. Stark	639	341	584	1565
D. Austin	711		-	
198 lbs.				
G. lones	677	479	633	1791
I. Pena	683	462	606	1752
M. Wade	650	468	633	1752
K. McCloskey	611	479	600	1692
S. Dicataldo	611	385	633	1631
S. Timonen	628	363	622	1614
K. Hunt	633	352	622	1609
J. Legard	573	402	600	1576
T. Shelton	523	407	628	1559
I. Whitcomb	529	435	562	1526
220 lbs.	11 11 1	122	4 PIS	I BIT
I. Beck	799	545	733	2077
M. Edelstein	600	424	666	1692
I. Williams	639	440	606	1686
, Trimanis		1	000	1000

a beat the rest of the across the board. Greg rolled through way. After making his his 1st seven attempts without a miss final four attempts, Mike and that was all he needed on this finished in 3rd with day. A nearly 1800 total was his final 1753. California's score to win the Gold at 198.

At 220, Michael Moylen was lead in the squat with only able to record openers in each 683 and hit a nice 462 lift and that hurt his total and left him bench to take the silver in 4th place. Jerome Williams made medal. Former World his Nationals debut a successful one team member Greg with a 440 bench to get the bronze Jones kept the Masters overall. Longtime Nationals winning streak alive competitor Mitch Edelstein had one with consistent lifts of those perfect days that every

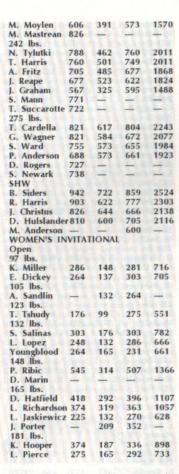


Brian Siders (Will Morris photos)

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powerlifter dreams of having on the biggest stage in U.S. powerlifting. The 44 year old from Minnesota combined good form with excellent attempt selection and a very 242 was a back and forth struggle. perfect groove leaving many to at 2012. At 228LBS, Nick was the his best day ever, going 9 for 9 spectators alike. in the future. This man is fast pull to tie at 2012 and take the to register 2138. This squatters in USAPL history, but Nick seemed unfazed by the Nationals finish and at unable to get a 485 bench passed Tony was the first on the platform to only a glimpse of this lifters expecting to pull into the 700's and sportsmanship. was disappointed at the outcome.

Jason pass his third DL and not go for 2100 but we found out later that he had tweaked a groin and made the wise decision to save it for Norway. At just 27, Beck has limitless potential at 220 or 242. He has balance across the board and will be the favorite to win the World title at 220 this November.

Tony Succarotte moved up to 242 this year but only weighed in at 226. A PR squat at 722 put him

conservative attempts to finish in subtotal.

in the bench. believe that 850+ is there for Mike lighter lifter and that required a 760 including a 644 bench becoming one of the greatest victory. The lift was tough to finish was Jason's best Unfortunately for Mike he was pressure and the victory was his, just 26 years of age is and was out of contention. He was congratulate Nick in a great show of eventual total. Randall

The smallest 275 class in exclusive That left one man standing at USPAL Seniors history was up next. the USAPL Nationals, a 220 and it was the fast rising Jason Ohio's Shane Newark was in 4th group that only contains Beck. Jason burst onto the Senior after the squat, courtesy of a 738 the names Siders and National scene with a victory at 198 3rd attempt. His 589 bench opener, Gillingham. Randall also in 2004. After holding off the tough the highest in the class, was a bit too joined Brian as the only challenge of Charr Gahagen and high and was unsuccessful on three 900 squatters at the Tony Succarotte last year, Jason tries. Masters lifter Deron Rogers, USAPL Seniors. Misses went to his 1st IPF Worlds and came was off his game a bit and ended in on the 3rd bench and DL away with the silver at 220. Jason's 5th on a 4/9 day. I was able to live would have put Randall trademark is that he makes just up to my end of the agreement with up to 2380 and hint at about every attempt that he tries David Ricks and achieved my first this young mans and usually with some room to spare. ever 1900 total with 1923 to take tremendous A 3rd attempt squat at 799 actually 4th place. An inch more depth on Speaking of Gillingham, pushed him quite a bit but not enough my 3rd squat would have meant Brad was missing from to keep him from finishing the lift. 1950 and closed the gap on Scott this years contest after From there Jason cruised through Ward and 3rd place. The always setting the highest three benches and two pulls to end reliable Ward had a rough day with Masters total in IPF at 2078. I was surprised to see four misses which is about four more history in back-to-back



Mike Ferrantelli only 10 lbs. off the IPF record.

in contention but his 2nd than he is used to having. Despite areas need to be addressed to get consecutive bombout in the bench his off day, Scott had a 688 DL Brian back on track to the WR squat.

coaching, lifting, and meet small minority of non-supers to pull adjustments in the SQ and BP a directing. Masters lifter Jack Reape such a significant weight. Tony 2700 is right behind. missed a 727 squat that dropped continues to make steady gains and him down a spot into 4th. Al Fritz has 2300 in his sights. His recent event. Rumors of IPF suspensions

Harris joined the 2300 club at

meets over the past few months.

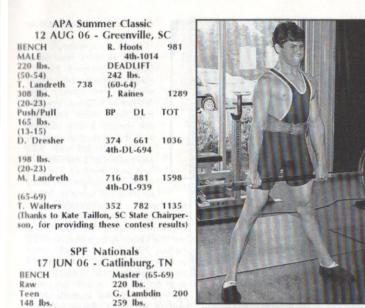
As expected the winner at SHW was Brian Siders, however he did make it interesting. After an easy but clearly high opener at 920 was greeted with reds, Brian repeated the weight a little deeper with the same outcome. A do-or-bomb 3rd with 942 was passed 2/1 with Brian's handlers breathing a sigh of relief. The weight was never an issue but some technical

proved costly. Tony had fractured moving well that would have given The bench went just a little better his arm in training and was not him 2017. Greg Wagner made his than the squat. After a smoked 722 able to prepare his bench properly. Nationals return a successful one opener, 777 seemed to get out of Another contender, in the form of with only a 2nd attempt miss in the the groove at the top. With a WR Steve Mann, went down in the bench keeping him from a perfect total now off the table, it was time to bench. After a 771 squat put him day. Greg, a former World Team focus on Brian's much improved in 2nd, 562 was a no go in the member with a 2100 total, had pull. At the Quest Invitational in bench. If either Tony or Steve dealt with some injuries in the recent April of this year, Brian pulled a would have gotten a bench in they years that has limited his progress. strong 832 with an obviously would have been right there at the Even with those ailments, Greg improved sumo start position from finish. USAPL Vice-President matched Tony Cardella in the squat recent years. His improvement Johnny Graham took nine very and was just 33 LBS behind at continued at this meet with three strong pulls ending at a huge 859 5th place at 53 years young. At subtotal, Cardella left PR deadlift. It now appears like Johnny is tuning up for the Masters everyone in the dust with an 804 Brian is closer to the WR in the Worlds in November where he will pull that gave him a PR 2243 total. deadlift than in the squat, 900 is not be attempting the trifecta, An 800+ pull at 275 puts Tony in a far off at all and with some

finished in the bronze medal gains in the deadlift bode well for his that abounded all weekend, were position with an 1868 total. Al fell medal chances in Norway. Tony's confirmed following the meet with just short of breaking the 500 barrier other lifts are solid also and he both Russia and Ukraine being finished with the highest squat and removed from IPF competition through the end of 2007. The The battle for the top spot at bench in the class. through the end of 2007. The was a back and forth struggle. My brother Mike was injured in suspensions were a result of repeated impressive 667 DL to take 2nd by Defending Champ Tony Harris training for this meet and passed his drug test failures by lifters of both 5LBS over Williams. This was suffered a nasty leg injury on an 815 attempts to give our flight some countries. This ruling makes Team Mitch's best finish ever at the squat that opened the door for extratime. The White Rhino Dennis USA the favorite to win back the Nationals and he again showed that Minnesota's Nick Tylutki. "The Huslander is always a crowd favorite. team title for the first time since Masters lifters can continue to make Freakshow" as he is known in his The giant from Pennsylvania 1996. Good luck to the lifters and gains after years of training. Former home state, was only able to register motored through an 810 squat and coaches going to Norway. Look for World Team member Mike Mastrean one squat and bench but a recent had a 727 DL locked out before a much larger turnout next year in put on a show in the squat. After switch to the sumo style deadlift was losing his balance. That pull would St. Louis, where Harold Gaines, absolutely vaporizing 777, Mike lost his ace in the hole. Tony limped have bumped him into the bronze Rick Fowler and the whole USAPL his balance with 821. A modest through a 501 bench and then stiff- medal over the largest man in the Missouri crew is already working on bump up to 826 was smoked in the legged a touch 749 to take the lead meet Jason Christus. Christus had a special meet for lifters and



Niko Hulslander, Anton Kraft, Jason Beck.



A. Spelce 181 lbs.

D> perins

Patton-Gooch 250

Open 148 lbs

181 lbs

181 lbs.

A. Smith

181 lbs.

259 lbs.

275 lbs.

198 lbs.

275lbs. R. Moss

Rible

220 lbs

. Boyer

K. Harmon

C. Wooten

220 lbs.

. Raley

K. Rogers

Master (40-44)

Master (45-49) SHW

Master (50-54)

Master (55-59)

Master (60-64)

Submaster

Smith

K. Mackey

Police/Fire

250

250

295

475

325

475

325

365

. Tummins

242 lbs.

E. Jones

Equipped 165 lbs.

R. O'Neal

I. Dixson

I. Heisler

259 lbs.

242 lbs.

220 lbs

T. Bover

220 lbs.

B. Coleman

DEADLIFT

WOMEN

I. Ives

148 lbs

MEN

Childers

I. Burnette

Heisler

Master (50-54

Master (60-64

Johnson

Master (75-79)

330 Daniel Dresher pulled an APA South Carolina record 315 lb. deadlift on a 4th attempt at the B. Brown 385 Kate Tallion for this photograph)

340		565			460
	242 lbs.		Mas	ter (40	-44)
510	L. Childers	555	220	lbs.	
405	Submaster 275 lbs.		C. I	Hatley	375
675	Push Pull		BP	DL	TOT
490	Raw				
	FEMALE				
	Teen				
510	148 lbs.				
)	A. Rogers		85	215	300
	198 lbs.				
425	J. Ives		135	285	420
			4th-D	L-300	
	WOMEN				
385	148 bls.				
	D. Childers		115	250	365
	Equipped				
	Teen				
	148 lbs.				
	K. Guiliani		165	250	415
300	Open				
	165 lbs.				
	C. Weber		205	350	555
250	Master (45-49))			
	165 lbs.				
	C. Weber		205	350	555

181 lbs G. Brooks 310 405 715 4th-D1-430 290 515 T. Raines 805 4th-BP-315 . Bouyer 370 430 800 165 lbs. 370 430 800 . Bouyer 220 lbs Whitfield 380 520 900 325 500 825 Harner 405 555 960 . Childers Submaster 181 lbs. 250 350 600 W. Stover Equipped 220 lbs. Fields 450 520 970 Open 259 lbs. 535 615 1150 N. Peppers Burnette 490 540 1030 ubmaster 181 lbs 242 lbs. APA Summer Classic. (Thanks to Kate Tallion for this photograph)

Best Lifter Raw Push Pull: Claude Bouyer. J. Stevens Best Lifter Equipped Push Pull: Nicky 242 lbs. Peppers. Best Lifter Raw Bench: Keith Mackey. Best Team Raw Bench: Chatta-Master (65) nooga Ironmen. Best Team Equipped Bench: 242 lbs. White Trash. (results from Jesse Rodgers) D. Brave

114 lbs S. Beasley

123 lbs.

181 lbs

220 lbs

242 lbs.

308 lbs.

198 lbs.

B. Garrett

F. Wiener

L. Widener

Mahoney

Master (45-49) 123 lbs.

308 lbs.

K. Snell

220 lbs.

242 lbs

M. Ruiz

181 lbs.

D. Poucher

Master (50-54)

Master (60-64)

Master (65-69)

R. Lansky

D. Peterson

G. Baggett

D. Rawnsley

Master (40-44)

510

630

715

75

Master (70-74) 242 lbs. AAPF 10th Frank Kostyo Memorial J. Yong 1 Master (75-79) 181 lbs. 25 MAR 06 - Lakeland, FL FEMALE SQ BP DL TOT Master (40-44) W. Smith 198 lbs. 360 255 405 1020 Sabin MALE Teen (13-15) 215 110 230 555 . Striz 120 60 155 335 148 lbs. 140 175 290 605 55 180 230 465 Szparga 5. Knapp Junior (20-23) 220 lbs. . Infante 465 405 510 1380 Submaster (33-39) 181 lbs Brawley 425 315 460 1200 242 lbs 135 295 415 845

APPLICATION FOR REGISTRATION World Powerlifting Alliance American Powerlifting Association



First Na	me	Last Name	Middle Initial	Today	's Date
Street Address	S	City	edin 1904 as San San San San	State	Zip Code
Telephone	e Number	E-Mail address		Date	of Birth
Sex	Social Sec	urity Number Sig	gnature (Parent if un	der 18 ye	ars old)
- Our		dult Membership \$1	*** 7/4/10 C 10	un syari	Backy In

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

120 225 510 525 1245 430 470 520 1620 530 640 275 315 450 1040 555 320 505 1380 550 375 540 1465 425 675 1845 420 260 460 1140 D Peterson 510 430 450 J. McDonald 550 235 550 515 365 620 1500 P. Shalosky 525 315 465 1305 510 290 510 1310 350 190 450 990 135 407 315 857 D. Braverman 485 430 465 1380 135 390 135 660 205 190 275 670 B. Remley 385 315 420 1120 Coordinator: Louis Baltz. Best Female Lifter: Kari Sabin. Best Male Lifter: Ken Snell. The following lifters established single lift AAPF bench press American records: Kari Sabin, Skyler Knapp, Ken Snell, Jack Stevens, Richard Zareck, Don Braverman, Johnny Yong, and Bill Remley. This meet got underway on a beautiful spring day, with Kari Sabin setting all new American records in the women's master (40-44)/181 lbs. group. Kari totaled an impressive 1030 lbs., and was Best Female Lifter of the meet. Ethan Striz broke the American record with a 215 lb, squat in the teen (13-15)/114 lb. class, and won first place. Ten year old Jacob Sundey did some nice lifting in his first contest, with a 335 lb. second place total. Jon Szparga took first place in the 148s with three Florida state records, over Skyler Knapp. Skyler had a nice 180 lb. bench, which set a new American record. Anthony Infante won the 220 lb. junior division with a 1380 lb. total. In the submaster's division, Carson Brawley and Robert Suk both set Florida state records in all events. Special olympian, Scott Beasley put up a nice 510 lb. total to win the open 114s. Ken Snell won the 123s and set a single lift open American record in the bench press. Rich Lansky, lifting raw, came out of retirement with some fine lifting in the 181 lb. class. Doug Peterson won the 220s with a 1390 lb. total and Glen Baggett won the 242s with a fine 1620 lb total. Doug Rawnsley set a new total record in the 308 lb. class with 1885 lbs. It was the highest total of the meet. In the master (40-44) division, Bruce Garnett, Eric Wiener, and Lawrence Widener each won their respective weight classes. Lawrence almost went 9 for 9 in this meet Lawrence almost went 9 for 9 in this meet, but just missed getting a 400 lb. bench. "Big" Tom Mahoney came back after knee surgery and squatted an amazing 745 lbs.! It was a state record in the 308 lb. class along with his other state records in the deadlift and total. Ken Snell won the masters (45-49) division, with an 1140 lb. total in the 123 lb. class, which earned him

the best lifter award. Doug Peterson took first over Jimmy McDonald in the 220 lb.

class, despite Jimmy's state record 550 lb. deadlift. Dwayne Poucher set state records

in the bench press and total, in the 242 lb. 148 lbs. class. Dwayne also pulled a 620 lb. American record deadlift. Phil Shalosky set all new state records in the masters (50-54)/ 275 lb. class. Miguel Ruiz also set all new C. Lognion state records in the (55-59)/275 lb. class. In the (60-64) age group, Jack Stevens set two American records in the bench press and deadlift, in the 181 lb, class, Richard Zareck's 407.5 lb. bench in the 242s was a new American record in the (60-64) age group. Don Braverman shattered all the American records in the (65-69)/242 lb. High School Yong set a new American record with a 390 lb. bench press in the (70-74)/242 lb. class. and total 1120 lbs.? I believe Bill is the only one! All his lifts were American records. This was Bill's first meet he competed in without his wife, Joyce, who passed away last year. She was there supporting Bill at every contest. This meet was very hard for Bill to lift in and our thoughts and prayers are with him to continue doing what his wife, Joyce, would want him to do. Keep on lifting Bill! Special thanks to the All American Gym, Louis Baltz, Junk Yard Dogg, Tom O'Donnell, helen Watkins, Greg godwin, Masters (40-4 BJ Stigall, Jerry Lee Williams, Johnny Best, P. Steinman Dan "The Man" Jonas, Tim Calhoun, Maren Calhoun, Brian and Ann Silk, Michelle Lucas, and all the lifters and spectators who make these meets possible. (K. Snell)

		- Alvi		
BENCH Only				
MEN			master	
181 lbs.			Anderso	n 402
Novice			BENCH	
M. Martinez	=	ME		
242 lbs.			lbs.	
Open			ter II	
R. Perez	468		Harris	303
Submaster 1		PS I	CURL	
R. Perez	468	ME	N	
Raw			lbs.	
181 lbs.		Sub	master	Pure
Pure			Proctor	176
S. Kivela	281	275	lbs.	
198 lbs.		Mas	ter II	
Pure			Harris	159
J. Powell	-		DEADL	IFT
Submaster 1		ME		
J. Powell	_	275	lbs.	
Submaster Pu	re		ster II	
I. Powell	_		Harris	358
220 lbs.				
Pure				
P. Proctor	341			
Push Pull		DD	DL	TOT
MEN		DI	DL	101
148 lbs.				
High School		159	226	406
M. Lopez		159	336	496
Teen		150	226	406
M. Lopez	CD	159	336	496 TOT
Power Sports	CK	Rh	DL	101
WOMEN				
132 lbs.				
Pure	10			-
M. Carter	77	132	292	501
MEN				
220 lbs.				
Master Pure				
G. McNeil	170	347	600	1118
275 lbs.				
Master II				
R. Harris	159	303	358	821
Powerlifting				TOT
WOMEN				PARL
105 lbs.				
High School				
S. Sanchez	181	93	203	479
181 lbs.	101	93	203	4,,,
High School	122	02	176	391
H. Harris	132	82	1/6	391
198 lbs.				
High School		N. Burri		
F. Acosta	264	132	248	644

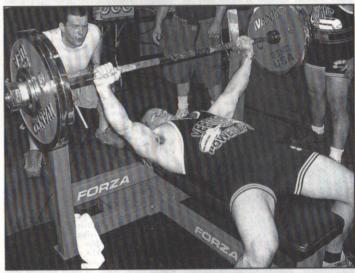
358 198 385 942 C. Lognion 358 198 385 942 391 226 336 953 M. Bell Submaster Pure E. Campos 4-275 lbs. 446 308 451 1207 group. Don's 1380 lb. total was the highest E. Guerra 551 407 512 1471 among all the 50+ master lifters. Johnny Special Thanks go out to Garrett and Don Taylor, Steve and Danielle Wisnieski, George & Cindy Wells, Heather Fry & her In the (75-79) age group, Wendell Smith Mother, David Wisnieski, and all the other won the 181 lb. class with a nice 670 lb. total. "The Man of the Meet" was the was small, we had a great time and a great phenomenal Bill Remley. How many 198 lb. vacation. We all had a great after meet 75 year olds on this planet can squat 385 meal at the Bar-B-Que place. In all there lbs., bench press 315 lbs., deadlift 420 lbs., were 16 of us and we had a great time. Thanks to Everyone! Next meet in Alvin is May of 2007. See you there! (Rich Peters)

> 100% Raw YMCA BP/SC 16 JUL 2006 - Burlington, VT Open K. Mattson 402 BENCH MEN Masters (45-49) 424 Teen (16-17) C. Clapp D. Currier 192 Open J. Hall Masters (40-44) 330 292 STRICT CURL Open/Sub (35-39) MEN Sgori 4th-303 165 lbe Masters (40-44) 181 lbs. P. Steinman 121 181 lbs. Masters (45-49) Masters (45-49) B. Kernoff 14 Open B. Kernoff 303 198 lbs. **Exhibition Only** Markey 303 198 lbs. Submaster (35-39) K. Hatin 121 Masters (35-39) M. McEntee 330 M. McEntee 143 220 lbs. Masters (45-49) Masters (45-49) K. Mattson 187 R Rallou 330

Four National Bench Press Records were set at this meet, and four National Strict Curl Records were set at this meet! The neet was held at the Greater Burlington YMCA in 95 degree heat! Meet Director Bret Kernoff would like to thank all the lifters, who helped out making this an e event. (results from Bret Kernoff



Mark McEntee curled 143 in the 198 lb. class and Paul Steinman benched a National Record 292 @ 165 40-44 at the Burlington meet



	Membership Application	
LAST NAME:	FIRST NAME:	INT.
STREET ADDRESS:	And the state of t	
CITY/STATE/ZIP:	To provi second interpretate our position.	
AREA CODE / TELEPHONE: _	DATE OF BIF	RTH:
AGE: SEX: E-MAIL	ADDRESS:	
REGISTRATION FEE \$25 - ADULTS	MAKE CHECK PAYABLE TO 139 MARLAS WAY, CAMD	EN, NC 27921

\$10 - HIGH SCHOOL

One Year From The Date of Application.

LIFTERS SIGNATURE:

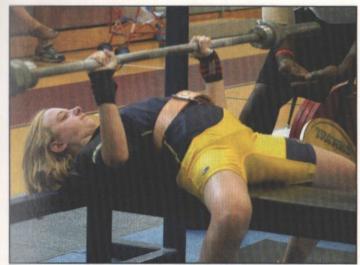
PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION:

(This Will Be Your Renewal Date)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

www.RAWPOWERLIFTING.com



Sarah Welcheck is 12 years old and competed in the 105 lb. class, representing Ohio at the Jr. Olympics and went 143 66 148 358.

(contin	ued f	rom p	age 2	26)	1
C. Jarrell 123 lbs.	126	82	165	374	1
Kids (8-9)					J
A. Compton	110 4th-D	71)L-132	126	308	1
Teen (14-15)					(
Z. Walker	259	143	270	672	1
132 lbs.					1
Teen (14-15)					1
D. Depta Teen (16-17)	165	126	253	545	1
S. Singley	-	225	308	534	2
	4t-DI	-319			-
Teen (18-19)					- 7
J. Bosso	281	198	297	777	
B. Partington	209	176	264	650	1
Raw					E
132 lbs.					I
Teen (16-17)					1
S. Singley	225	308	319	534	1
148 lbs.					J
Teen (14-15)					1
T. Browning	264	165	330	760	-
Teen (16-17)					1
M. Parsons	242	214	341	799	
J. Nelson	209	165	308	683	- L
Teen (18-19)	040	0.40		4040	2
P. Zingone	319	248	451	1019	1
Youth (12-13)	202	121	259	584	1
J. Burroughs	203	121 0L-264	259	584	í
B. Coley	132	104	250	406	
	154		259	496	(
S. Kephart 165 lbs.	154	99	209	462	١
Kids (10-11)					-
M. Alston	115	82	181	380	(
N. Carlin	113	159	101	300	ì
Teen (14-15)	_	139	_	_	
l. Moon	336	275	424	1036	8
J. MOOII		P-281	424	1030	
A. Hale	236	192	325	755	ì
D. Harris	242	154	292	688	
S. Talley	236	159	248	644	1
181 lbs.	230	133	240	044	i

Rebman 402 220 380 1003 Alston 121 121 242 485 Teen (16-17) Marrow 347 292 407 1047 een (18-19) 435 270 485 1190 Carter Marrow 363 281 501 1146 198 lbs. 413 264 413 1091 T. Hvatt outh (12-13) B. Ferrell 225 154 303 683 220 lbs. Kids (10-11) 121 82 154 358 4th-DL-165 Z. Tackett Teen (16-17) B. Schober 374 209 402 986 Wooten 236 248 303 788 Teen (16-17) Riggins 341 275 429 1047 Youth (12-13) 248 137 286 672 D. Taylor 363 319 407 1091 Teen (16-17) McElhinny 540 358 507 1405 t was a day of excitement. Cameras were lashing. The crowd was on their feet, have... Good! On the red platform... Good! Millersville, PA, tied for first place with On the blue platform." If you missed it, you Manpower Blue from Accoville, WV. Each missed two days of high intense energy and team member placed first in their compe-great lifting from some of the finest and if tition. To break the tie, officials had to use I may add strongest youth powerlifters in the team's total body weight as the decid-the nation. Yes indeed, it was another great ing factor. The Manpower Blue Team Powerlifting meet put on by the "IJ's and weight-in a few pounds lighter the Peni Steve", (Jill Meads, Judy and Steve Wood). Manner Team so they were officially They are the Directors of the Virginia recognized as the first place team. (Thank

WANNA BIGGER BENCH?

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Games run like a well oiled machine. Even though Jill Meads was officially recog-nized as this year's Meet Director, Judy and Steve were by her side all the time doing their parts equally as they have so many times in the past. Jill said it best to me: "It doesn't really matter who is the meet director in name. We all work as a team". That team also includes a host of people that make up the staff. The staff includes AAU officials from throughout the country, a group of volunteers from Vir-ginia and North Carolina and two hard working and very efficient groups of spot-ters/loaders from Project Lift out of Henderson, North Carolina and Henrico Fire Department out of Richmond, Virginia. The Virginia Powerlifting Associatruly believe that "The lifters come first". Many lifters from all over the country have said they feel like their # 1 when they come to a meet put on y the Virginia Powerlifting Association This year's competition included 92 competitors from 11 states including five very strong teams. The two platform event was held in Portsmouth, Virginia, on July 29 and 30 with athletes up to 13 years old lifting on Saturday and lifters age 14-23 lifting on Sunday. There was one full flight of 19 girls that lifted on Sunday. The rest of the lift that lifted on Sunday. The rest of the inters were male and ranged from 8 years old to 23 years old. Anthony McCloskey from Pennsylvania, lifting in the Teen 14-15 Year Old Division, had the biggest individual lift of the event with a 262.5 Kilogram Deadlift and the highest overall Three-lift total with 672.5 Kilograms. Many awards and metals were issued at this year's event. The first award given this year was the Joel Ferrell Outstanding Performance Memorial Award. The Joel Ferrell Award provides a opportunity to recognize young athletes for athletic abilrecognize young athletes for athletic abil-ity, sportsmanship, academic achievement and community involvement. This award is presented each year at the AAU Junior Olympic Games to an athlete from each sport that has demonstrated outstanding potential. Connie Yost, age 17 of Millersville, PA, was the 2006 recipient representing the sport of Powerlifting. The am awards were next. 5th place went to USA Powersports from Mills, PA. Zeke Wilson is their coach. 4th place went to Project Lift from Henderson, NC. Will Hawkins is their coach. 3rd place went to Manpower White Team from Accoville, WV. Carmel Hughes is their coach. 2nd place went to Penn Manor from Millersville, PA. Russ McDonnell is their coach. 1st clapping and yelling. Rudy was standing place went to Manpower Blue from with a microphone in hand... "On the Blue Accoville, WV. Carmel Hughes is their platform we have. On the red platform we coach. Actually Penn Manor from

long with a dedicated and hard working

eam of individuals from all parts of the

country made the Powerlifting competi-tion at the 2006 AAU Junior Olympic



SPECTACULAR DEADLIFT TRAINING DVD ... 2 time IPF World **Champion Brad** Gillingham lays out the program that has produced over 40 competitive deadlifts of 800 lbs. or better .. PLUS .. the "5x5" squat program that lets vou move both lifts up at the same time! \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call 1-800-448-7693 to use Visa or MasterCard.

Kumite Classic 27 MAY 06 - Monroeville, PA

Unequipped		SHW	
181 lbs.		A. Shaffer	535
J. Williams	405	Open	
220 lbs.		165 lbs.	
		J. Middleton	275
242 lbs.		220 lbs.	
V. Pippard	445	S. Hartlaub	550
J. Opfor	385	242 lbs.	
275 lbs.		R. Capozzollo	620
R. Hennings	405	275 lbs.	
308 lbs.		S. Yard	800
A. Grass	235		

competed. Also I'd like to thank Carl Seeker, Buster Godden, and Dan Kovacs, who judged the meet. Thanks to Terrance Givens for his assistance, and thanks to the people who spotted and loaded. I'm sorry I didn't get your names. I truly appreciate your help, especially when people who said they were going to help, but bailed on me. And, especially thanks to my beautiful finace, Ame! Without her, I'd be pulling out my hair due to all the twists and turns I went through to get this meet going. See you all next year at Kumite 2007. (Thanks to Gene Rychlak for providing these meet results)

(continued from page 27)

her father, former National Champi

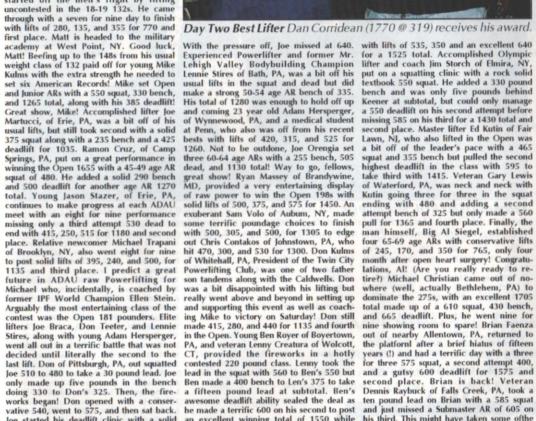
85 and 210, for 455 for first in the 16-17

123s. Trisha Tshudy, of Annville, PA, put

Frank Schlofer, to balanced lifts of

on a tenific show of raw strength to set four age ARs with lifts of 190, 110, and 255, for 555 and first in the 12-13 132s. Trisha also made a 270 deadlift for another age AR on a fourth attempt! Erin Signor, of Jonestown, PA, a pleasant young lady, unfortunately had an off day and went out on the benches. She'll be back! Catherine Morrison, of Lancaster, PA, looked good for more with a seven for nine day to finish with 160, 95, and 220, for 475 and first in the 50-54 148s. Amy Marberger, of Millersville, PA, also looked good for more with an eight for nine day to finish with 160, 105 and 205 for 470 lifter Tammy Bukousky, of Dubois, PA, was a bit off of her recent bests but still had the highest lifts of any of the women with 225, highest lifts of any of the women with 225, 185, and 385 for 795 and first in the Open SHW. Young Matt Kyler, of Clearfield, PA, started off the men's flight by lifting uncontested in the 18-19 132s. He came ough with a seven for nine day to finish with lifts of 280, 135, and 355 for 770 and first place. Matt is headed to the military academy at West Point, NY. Good luck, Matt! Beefing up to the 148s from his usual went all out in a terrific battle that was not PA, and veteran Lenny Creatura of Wolcott, the platforni after a brief firatus of lifteen decided until literally the second to the CT, provided the fire-works in a hotly years (1) and had a terrific day with a three for three 575 squat, a second attempt 400, loe 510 to 480 to take a 30 pound lead. Joe load in the squat with 560 to Ben's 550 but only made up five pounds in the bench Ben made a 400 bench to Len's 375 to take second place. Brian is back! Veteran a fifteen pound lead at subtotal. Ben's works began! Don opened with a conservative 540, went to 575, and then sat back. In the made a terrific 600 on his second to pound opener and then made an excellent winning total of 1550 while 600 pound opener and then made an Lenny made a 555 dead for his second to pour made in second to pour made a form the second to pour made a subtotal. The might have taken some of the savesome 630 on his second. Don called for place 1490 Len's bench is a 45-49 age AR. opeller of 350 in the bench missing 370 awesome 630 on his second. Don called for place 1490. Len's bench is a 45-49 age AR. opeller of 350 in the bench missing 370 605 on his third that would force Joe to Make 635 to win. Don ripped it off the floor had an off day for him but still hit nice lifts Brian at subtotal. Brian's successful second it looked like it was going to go but he of 450, 325, and 540 for 1315 and third ond attempt of 600 forced Dennis to try 640 lost balance backward on a terrific effort!

Place. Shawn Bray of Arnwille, PA, was twice for third place, but it proved a bit actually 35 pounds ahead of much on this day. Jeff Lawson of Erie, PA, was being to global the in Jorge was a bit off of the leaders but took fourth.



Brian at subtotal due in large part to a 375 bench but all he could pull was 455 for a 1265 was a bit off of the leaders but took fourth place with 1375 that included reprising his best deadlift of 600 just missing a personal total and fourth place. Vet- best of 615 on his third. Great show! eran Steve Caldwell of Mays Where's the beef? Dan Corridean of Landing, NJ, returned to the lifting platform after a long hiatus and showed off his prowess in the deadlift with a 560 "the man". Lifting raw, I mean raw without ess in the deadlift with a 560 "the man". Lifting raw, I mean raw without pound lift to set an AR in the 50-54 age group. Steve's son Coby made solid lifts of 300, 175, and 400 for 875 to win the Heavy award that just beat out Michael Christian. Master lifter Bill Birnbaum of two father-son duos along with Don and Mike Kuhns. Nice to see! Congratulations, Steve bench and a great 685 deadlift for 1585 and second place. Curt Eckrath of Bath. PA. and welcome back! Weighing second place. Curt Eckroth of Bath, PA, in at only 225 pounds, the took third with balanced lifts that included explosive Brian Keener of a personal best 485 squat, 355 and 635 for Seven Valleys, PA, came 1475. All eleven lifters who were drug through for the win in another tested using the established urinalysis tight contest in the Open 242s

Ryan Massey, Jill Neziri, Ben Royer, Len Stires, and Samuel Volo. The close competition was also evidenced in the team title irrepressible Joe Orengia and the Downirrepressible Joe Orengia and the Down-town Weightlifting Club, coached by Al Siegel, tied for first place! The Twin City Power lifting Team took third place despite a number of members opting to work the meet instead of lift, just edging out Lennie Stires Paragon Powerlifting team. Full results of this and other ADAU meets along with the upcoming meet schedule and American Records are a www.pikitup.com. I would like to thank th following for making this meet possible. The Suburban North Family YMCA for donating their facilities. The Twin City Powerlifting Club, "strength and health enthusiasts since the 1920s!" for running the meet. All of the judges who worked tirelessly for two full days: International Referees Al and Brenda Siegel and Joe Orengia, National Referees Bugs Bayer and Jay Siegel, and State referees, Chris Border, Kevin Prosser, Jason Stazer, Greg Yeager, and Adam Hersperger (who took his National Category test). Our sponsors With the pressure off, Joe missed at 640. with lifts of 535, 350 and an excellent 640 Dr. Helen Rizzotto of C.A.R.E. Chiroprac-Experienced Powerlifter and former Mr. for a 1525 total. Accomplished Olympic Lehigh Valley Bodybuilding Champion lifter and coach Jim Storch of Elmira, NY, Theodorou of Nutritional Technologies, Al academy at West Point, NY. Good luck, Matt! Beefing up to the 148s from his usual weight class of 132 paid off for young Mike Experienced Powerlifter and former Mr. for a 1525 total. Accomplished Olympic Lening Stires of Bath, PA, was a bit off his usual lifts set Open and Junior ARs with a 550 squat, 330 bench, and 1265 total, along with his 385 deadlift! Great show, Mike! Accomplished lifter Joe Martucci, of Erie, PA, was a bit off of his usual lifts, but still took second with a solid 375 squat along with a 235 bench and a 425 deadlift for 1035. Ramon Cruz, of Camp Springs, PA, put on a great performance in winning the Open 1655 with a 45-49 age AR swith a 500 deadlift for a nother age AR 1270 total. Young Jason Stazer, of Erie, PA, continues to make progress at each ADAU meet with an eight for nine performance missing only a third altempt 530 dead to my stage and song with a 135 squat along with a 152, 250, 515 for 1180 and second place. Relative newcomer Michael Trapani of Brookhyn, NY, also went eight for nine to post solid lifts of 395, 240, and 500, for 1315 and third place and the post solid lifts of 395, 240, and 500, for 1315 and blird place and stage and the post solid lifts of 395, 240, and 500, for 1315 and store and the post solid lifts of 395, 240, and 500, for 1315 and store and the post solid lifts of 395, 240, and 500, for 1315 and blird place and the post solid lifts of 395, 240, and 500, for 1315 and the post solid lifts of 395, 240, and 500, for 1305 to dead to the post solid lifts of 395, 240, and 500, for 1305 to dead the lift of the post solid lifts of 395, 240, and 500, for 1305 to dead the lift of the post solid lifts of 395, 240, and 500, for 1305 to dead the lift of the post solid lifts of 395, 240, and 500, for 1305 to dead the lift of the post solid lifts of 395, 240, and 500, for 1305 to dead the lift of the post solid lifts of 395, 240, and 500, for 1305 to dead the lift of the post solid lifts of 395, 240, and 500, for 1305 to dead the lift of the lift of 1305 and 1305 to 2405

the test. These were Howard Asch, Tamm

Bukousky, Michael Christian, Daniel Corridean, Lenny Creatura, Brian Faenza,





Al Siegel was pretty proud of his day at the ADAU Nationals - 8 for 8 - for the first time in 26 years competing in the 242 pound class, to establish all new ADAU records, at age 68, only five months after open heart surgery. He also received a plague from Nick Theodorou for 25 years of dedicated service to the sport of drug tested powerlifting. Is Al the first master to win 20 National Titles?



Joe Orengia pulled 505 @ 181 lbs. 60-64

Beast of the Chrome & Steel 8 JUL 06 - Youngsville, PA WOMEN 65 lbs. 390 10 yrs old K. McCaslin DEADLIET WOMEN 123 lbs. 123 lbs. Open J. Ochoa 160 I. Ochoa 325 148 lbs. Open J. Furniss Furniss 320 MEN MEN Teen (16-17) Teen (16-17) Z. Wagner Wagner 280 465 181 lbs. 181 lbs Teen (18-19) M. Dings Teen (18-19) 485 M. Dings 198 lbs. Teen (16-17) D. Swingle 465 I. Zimmermar Teen (18-19) ian 240 Teen (16-17) C. Deering - 270 I. Zimmerman 240 Teen (18-19) Submaster D. Wray 220 lbs. 430 C. Deering 270 ubmaster Open D. Barker K. Dean 535 220 lbs. 470 Open D. Barker J. Handy Masters 400

625

615

116/	DI Ra	dger Open	
		Neenah, W	I SAR
BENCH		The second secon	
FEMALE		M. Tuci	297
105 lbs.		J. Farrell	297
J. VandeVoo	rt 99	M. Brixius	270
114 lbs.		Open??	
J. Kinsgley	126	220 lbs.	
165 lbs.		B. Cardoza	402
J. Hrabak	148	D. Potempa	-
198 lbs.		242 lbs.	
K. Hagen	275	M. Gunville	_

360

380

375

308 lbs.

Masters

S. Lewis

Open

B. Cormack 450

B. Shaffer

308 lbs.

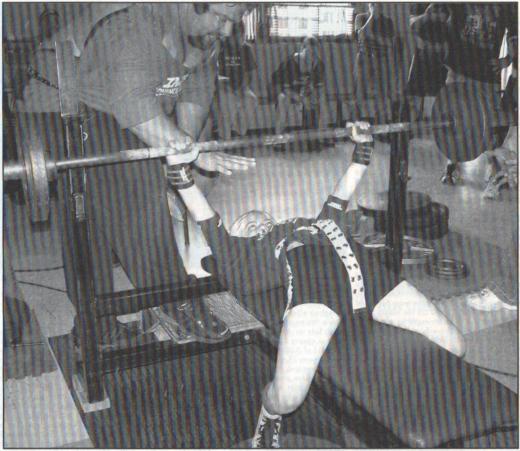
Masters Raw

Godden

Masters B. Cormack

SHW

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105 lbs.		J. F	arrell	297	· 基础图图图图:5	Jacobil.	BA 3.3		B 0.00
J. VandeVoor	199	M.	Brixius	270	Kerrigan'l	ITTI	EEVI	1/14	Cacli
114 lbs.		Ope	n??						
J. Kinsgley	126	220	lbs.		the Arnold	Clas	sic, to	ollowi	ing a i
165 lbs.		B. (Cardoza	402	is spotted to	here	by he	rDad	Zan
J. Hrabak	148	D. I	Potempa	-	is spotted to		7,110	Duc	,
198 lbs.		242	lbs.						
K. Hagen	275	M. 1	Gunville	_	J. VandeVoort	237	99	336	606
MALE		5. 5	chnasse	_	114 lbs.				
Raw		275	lbs.		M. Williams	248	137	253	639
SHW		M	Mazanet	451	B. Carlson	248	93	275	617
J. Ray	474	B. 7	Zenisek	429	K. Bradley	-	88	187	275
Teen		SHV	V		123 lbs.				
165 lbs.		M.	Hodge	551	A. VanBoxtel	253	159	308	722
G. Kuehnl	297	K. V	Vannebo	518	132 lbs.				
B. Sakowski	242				S. Murphy	203	121	231	556
FEMALE	SQ	BP	DL	TOT	A. Lemke	209	88	297	540
Division I	25/10				K. Banister	203	99	237	540
105 lbs.					165 lbs.				
A. Schillinge	r 237	358	308	666	A. Sharpless	341	110	319	771



Kerrigan 'LITTLE EVIL' McCaslin got that 100 pound bench press that she has been chasing ever since the Arnold Classic, following a last minute decision to enter the Beast of Chrome and Steel meet. She is spotted there by her Dad, Zane McCaslin, and her Mom, Sandi McCaslin, provided this photograph

J. Hrabak 198 lbs.

L. Knaack

Dembrowski 259

198+ lbs.

105 lbs.

126 319 777

104 270 633

297 148 308 755

A. Korslin

165 lbs. K. bluell

181 lbs.

Masters

105 lbs.

114 lbs.

123 lbs.

132 lbs.

MALE Teen 114 lbs. P. Rotar

132 lbs 7. Mach

R. Kmecheck 220 lbs.

Dembrowski 286

242 lbs.

275 lbs.

Open?? 132 lbs.

R. Cola

181 bs. M. Malyuk

220 lbs.

A. Sharpless 341 J. Hrabak 297

B. Thompson

L. Simmons

226 137 242 606

170 303

110 319 771

181 319 826

110 220 507

115 270 644

214 126 248 589

220 143 270 633

292 181 308 782

451 297 446 1196 418 259 457 1135

402 1074

187 429 903

374 534 1410

545 264 529 1339

352 270 413 1036

314 132 319

198

198

M. Schuelke 429 248 463 1140

M. Badenhop 270 209 341 821

P. Diamond 606 463 639 1708

501

E. Destache 485 341 490

148 lbs. E. Walterman 336 220 325 881

281

325

176

474

A. Lemke K. Banister	209 203	88	297 237	540 540	123 lbs. B. Carlson	242	181		
ACR II				12.44		272	101	297	722
165 lbs.	no star in				132 lbs.		friends.	, TEE 1	1
A. Sharpless	341	110	319	771	T. Dilley	270	154	275	700
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J. Peterson	578	352	584	1515
275 lbs.				
S. Lade	804	683	666	215
T. Leopold	451	363	474	1289
Masters				
198 lbs.				
J. Maonahos	402	253	402	1058
275 lbs.				
M. Saunders	600	424	606	163
(Thanks to US	SAPL f	or prov	/iding	results
Nort 2 APR		enior Norfo		
MALE	50	BP	DL	TOT
148 lbs.	a July	.9m 3		
H. Santiago	490	260	475	1225
A. Rodriguez	425*	230*	475*	1135
181 lbs.				
J. Montanez	465*	265*	550*	1280
L. Stanley				
198 lbs.				

J. Jarmacz 525* 265 535* 1325* C. Williams 450 280 425 1155 A. Delacruz 600 330 525 1455 515* 325* 505 1335* 365 255 465 1085 R. Larkin 242 lbs. S. Benoit 635* 405* 570* 1610!* 565 300 455 1320 515* 275* 500 1290* 4th-BP-435!*

*=Personal Bests. !=Raw Lift. Best Lifter Lightweight: H. Santiago. Most Improved: A. Rodriguez. Best Lifter Middleweight: J. Jarmacz. Best Lifter Heavyweight: S Benoit. Best Lifter Master I: A. Johnson Best Lifter Master V: K. Junier. All Time Record: K. Junier 4th bench press. Head Judge: Guest, Dennis Montembault. Side udges: John Keegan, Robert Fortini, and Robert Biancci. Top Three Squats: S. Benoit, A. Delacruz, and A. Johnson. Top Three Benches: K. Junioer, S. Benoit, and J. Bou. Top Three Deadlifts: S. Benoit, J. Montanez, and J. Jarmacz. Top Three Totals: S. Benoit, A. Delacruz, and J. Bou. I want to first thank our esteemed guest Dennis Montembault, for his continued support. Dennis has been coming here for five years now, putting up with all the nonsense he is forced to endure when he comes within our walls. Next, I want to thank our other judges: Fortini and Biancci. Side spotters: Soucy and Gus. And thanks to all of you who gave their time in setting up for the meet, and breaking down at the end. There's more to a meet than just lifters! Like most of our meets, this one was quite exciting, and most lifters had personal best lifts. Santiago took his weight class once again, al-though he had to battle through injuries to even make it to meet day. The big surprise in the 148 class was Rodriguez. You have to remember, he's a marathon runner, but if he continues to advance the way he is, he could be battling for first really soon. Rodriguez was the most improves lifter from the September Nov-ice Meet. The 181 class was filled with new lifters, one being a first time competi-tor, Montanez. Stanley gained over twenty pounds to leave the 165 class and give himself a good chance to compete in the 181s, but it was Montanez edging him out with his monster deadlift 550, the second biggest of the day. Stanley has made some progress of the day. Stanley has made some great improvements, and he should be a formidable adversary in that class. Jarmacz had a phenomenal day in the 198 class, breaking the 500 barrier in the squat, and he broke 1300 in the total by 25 lbs. Although. Williams use compating 25 lbs. Although Williams was competing, he hadn't trained. Then again, that's how he received the nickname Renegade. he received the nickname Renegade. Honestly, all he did was sets of ten, bodybuilding and calesthetics. Delacruz walked away with the 220s title with help from his 600 lb. squat, but it wasn't his strongest meet by far. Bou, on the other hand, had three personal bests. I hope to see continued progress. Larkin came in last, but he did the meet as a favor, so we would have a full field. Thank you! Allard had his best meet with three personal bests, breaking 500 in the squat, and Johnson, being an ever present figure at Gur meets, competed for himself. It was Benoit who was the star of that field,

though, beating his closest competitor by

290 lbs., and he broke a No Assistance Gear Record total with 1610. He also had 4 personal bests. Junier broke the All Time Bench Record in 308 with 435 at 160. I look forward to the July Bench Bash! Thank you Brian Peixoto for all that you do. (Meet 8 results provided by John Keegan

Blackstone's Gym Powermeet 11 JUN 06 - W. Lafayette, OH WOMEN BENCH Teen (13-15) Teen under 98 lbs. M. Blackstone 95 T. Anderson MEN Teen (13-15) 165 lbs. 198 lbs T. Wyler 405 C. Dreler Open 181 lbs. Open 198 lbs 285 J. Blackstone 450 T. Sasuer 275 lbs. A. Hicks DEADLIFT

Thanks to our judges: Ralph, Dave Lement, and Gerry Griffith. Thanks to our announcer, Ruban Dreher, and for our trophies. Crazy Aies. (Results John and Kayleen Blackstone, Meet Directors)

APF/AAPF Iron Asylum Imperium

20	MAY 06	- Tribes Hill,	NY
BENCH	Only	Open	
WOME		S. Burns	700
181 lbs		J. Farina	600
Open		P. Mlarcik	585
K. Goli	szek —	D. Durkee	505
MEN		308 lbs.	
148 lbs	orizidam -	Submaster	
Open		P. Porcelli	515
	ovsky —	Master (50-	
Teen (1	3-15)/Raw	B. Godden	510
M. Tho	mpson 225	Master (50-	54)/Raw
165 lbs	TOT YOU	V. Vardine	-
Open		DEADLIFT (Only
R. Hilly			
181 lbs		242 lbs.	
. Open		Open	
J. Kilts 242 lbs Open B. Field	-	M. Ferlito	515
242 lbs		275 lbs.	
Open		Open	
B. Field		J. Farina	465
. 275 lbs			
Ironma		BP DL	TOT
WOME			
148 lbs	-		



Matt Rhodes, who totaled 2180 in the 308 lb. class at the APF Iron Asylum Imperium Meet. (photograph provided by Sandi McCaslin)

	Open					181 lbs.				
	J. Furniss		230	305	535	Teen (18-19)/F		200		1965
	MEN					D. Lynch	425	290	550	1265
	165 lbs.					198 lbs.				
	Open					Open			Wire!	
	C. Rodgers		360	450	810	D. Petrillo	705	510	650	1865
	242 lbs.					Junior				
	Open					E. Seftel	665	400	600	1665
	M. Ferlito		-	-	-	Submaster				
	Open/Raw					J. Bronk	540	300	590	1430
	B. Henderson		260	400	660	242 lbs.				
N	275 lbs.					Submaster				
	Open					R. Tonini	755	475	575	1805
	I. Farina		600	465	1065	Submaster				
	Open/Raw					J. Ziobro	525	285	500	1310
	M. Cole		330	530	860	308 lbs.				
	SHW					Open				
	Open					M. Rhodes	880	550	750	2180
	I. Toranzo		780	600	1380	H. Sargent	805	570	750	2125
	MEN	SQ	BP	DL	TOT	Master (40-44				
	165 lbs.	34		-		H. Sargent	805	570	750	2125
	Open					SHW				
	C. Rodgers			TELEPIS .		Open				
	Teen (18-19)	7	TAT			J. Toranzo				
		645	370	515	1510	(Thanks to San	di Me	Caslin	for the	results)
	J. Nolan	045	3/0	313	1310	(Illams to San	CHI IVIC	Custini	une une	· courtes)
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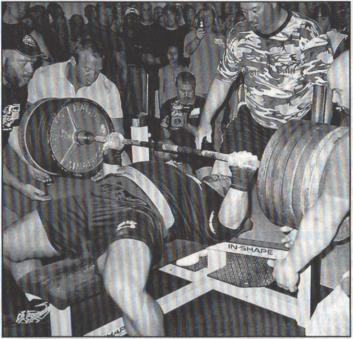
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Oregon State BP Championships

01 101	. 00 -	rordand, O				
BENCH		G. Guth	415			
Lightweight		C. Bean	415			
J. Gibson	425	E. Baum	405			
G. Hamel	335	J. Sandlin	375			
G. Skipper	100	C. King	200			
Middleweigh	t	Heavyweight				
B. Moore	505	P. Ratsch	600			
W. Dinwiddle	e 425	B. Fleming	545			

J. Kirkbride 415 J. Wands 475 Best Overall Lifter: James Gibson. Best Raw Lifter: James Gibson. Best Teen Lifter: Elliot Baum. The 2006 Oregon State Bench press Championships brought 14 men to the platform at the Parkrose Highschool venue. The contest officially began after Heidi Henke beautifully sang the national an-them. Three weight classes were used to separate the lifters: Lightweight being under 182 lbs., Middleweight between 182-242 lbs., and Heavyweight over 242 lbs. These weight classes were based on the classes used at WPO (elite level) powerlifting contests. The contest brought out the competitive spirit in everyone.

Three men in the middleweight class all benched the same weight, 415 lbs., with placings doled out to the lightest man placings doled out to the lightest man receiving a higher placing. Several teen-agers and first time competitors came out to compete, and were glad they did. A teen class is planned for next year's competition. Notable lifts were: best overall and best raw bench of 425 lbs. done by James Gibson weighing only 176 lbs.! This was his



first time competing, too. James was in such great shape, he could have been Ryan Kennelly put on a spectacular exhibition at the Oregon State Bench Press Championships, (photo Todd Press Championships)

personal best of 505 lbs. on his third stormed out to the Rob Zombie song Demon attempt, after a frightening mishap on his second attempt. The bar had gotten out of the groove on the second attempt and had "Why don't you ask me what it feels like off of the energy from the huge crowd, and off of the energy from the huge crowd, and fallen back onto his head. He received a to be a freak". The bar was loaded to 700 the energy from the nuge crowd, and concussion from the accident, he later found out at the doctor office. But this did not keep Bob from coming back and getting the lift on his third attempt. For this effort and mental fortitude, Bob was awarded the massive weight, everyone thought he was Ryan was unstoppable! By Tod Becraft. Brute Strength award. The show promoter going to go for one rep, which is something Comments from the show promoter Andre Andre Scott presented an appreciation most people will never see bench pressed plaque to Julie and I after the contest. We in their lifetime. Ryan would not be satiswithout an awesome support system. Tod

Julie did an awesome job coordinating bench press contest. Everybody was talking about how many people were in to see the bench competition. I guess it was pretty packed in there. And everybody was buzzing about the 700 lbs. for six reps. That's still hard for me to wrap my mind around and I actually saw it happen! Ryan was really cool to have at the show. He was very personable and very well spoken. I don't know how to thank Tod and Julie enough for everything they've done. I know it takes a lot to put on a meet, but they made the whole thing seem very uncompli-cated. Thank you! Tod and Julie are more deserving of an appreciation plaque than just about anyone. I know both of them have trained people, worked their asses off and had a lot of individual success in their own competitive endeavors. And that doesn't even include all the countless help they've given to everyone around them over the past 15 plus years. A job very well done! Comments from the Ryan Kennelly: That crowd really had me fired up! I did not want to let them down. I really wanted to give to let them down. I really wanted to give them their monies worth, especially since they were only expecting me to do 675 lbs. for 1-2 reps. So I figured I'd give them a little extra with 700 lbs. That loose and little extra with 700 lores. Inat loose and baggie single-ply Inzer Rage-X shirt kind of had me worried at first, especially since I randomly picked it out of a pile of old BA3 shirts from last year that I had never worn before. But that all changed when I smoked those big 600+ raw lifts like 135. I knew then that I was ready to play. I had a total blast entertaining the crowd and my fans. such great shape, he could have been mistaken for one of the bodybuilding competitors. Best teen lifter was Elliot Baum, who at age 19 bench pressed 405 lbs. in the middleweight class. These two lifters received swords for their efforts. One more sword was given out to Bob Moore, who beat seven other men to take first place in the middleweight class. Bob benched a personal best of 505. Ibs. on his third strength of the pression of the Roy Zongbie song Demon never in my life have I seen and Kristina Scott, Lou and Levi agent and such provided and my fans. I thought it was cool when several bodybuilding were thrilled to receive it and we proudly fied with just one rep. He just kept going weight class for the show - all with a worried look in their eyes too. Eek! Ha ha, the nelly pump out a solid three reps for good between the men to take first place in huge weighing 312 lbs. pressed an unheard-of SIX reps with 700 and did an exhibition bench press to wow lbs., pausing the last rep! I have been the middleweight class. Bob benched a personal best of 505. Ibs. on his third stormed out to the Roy Zongbie song Demon prever in my life have I seen anything more. spotters and helpers: Jan Becraft and Corrine Hada - Scorekeepers, Anthony Becraft - Expeditor, Carl Smith, Mike Barney, Rick McClung and Will Walker spotters and loaders, Larry Hook, Marc Caplan, Donovan Boell - judges, Alan from APT's Pro Wrist Straps, and Mike Lambert from Powerlifting USA Magazine, who generously sent a case of magazines with Ryan on the cover for Ryan to sign and hand out. (Thanks to Julie Havelka for results)

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Physical	Cultu	re Sun	nmer	Bash
5 AUG	06 -	Wyon	ning,	MI
WOMEN Master (45-4 165 lbs.		BP	DL	тот
L. Boshoven MEN Youth (11) 90 lbs.	540	265	500	1305
S. King Master (40-4 220 lbs.		65	150	365
M. King Master (50-5 198 lbs.		430	560	1740
J. Jeruink 220 lbs.	710	-	_	-
T. Sheehan 242 lbs.	600	485	535	1620
G. Heiss Master (55-5 165 lbs.		300	455	1245
J. Smoker		-	-	4

Physical Culture Personal Training hosted its first meet at its new facility. Owner Lynne Boshoven again posted a spectacular total and even passed on two of her attempts. Young Stephen King continues to improve with age posting a PR total. The older King proved he was still in the game as he totaled near his best. Gordy Heiss made his converse, with a PR total. Time made his comeback with a PR total. Tim 'Alice' Sheehan thanked his doctor for treating his leg infection just two days earlier allowing him to have a big squat. Among the squat only lifters, Jon Smoker did a nice 535. And, Jim Jeruink hit a PR, for his lower weight class, of 710. (Results courtesy of Physical Culture Personal Training 616-635-4058, Lynn Boshoven)

Iowa State Championships 22 APR 06 - Oskaloosa, IA

123 lbs

W. Haban

148 lbs.

165 lbs.

A. Shaw

S. Salmor

198 lbs.

Open R. Power

Teen P. Miller

HWT

P Schulz

Cravatta

M. Pinkerton 565

475

Mulder

Grams

K. Grams

P. Morris

Open C. Hudson

T. Frank

T. Frank

T. Gustafson

275 lbs.

MEN		HWT		В
114 lbs.		Open		
Teen		P. Harris	710	
	135	DEADLIFT		
B. Frank	130	WOMEN		13
123 lbs.		123 lbs.	***	W
Novice	000	W. Haban	165	н
	230	132 lbs.	255	н
Open		A. Kent	255	и
	230	165 lbs.		н
Submaster	220	Master II	170	м
	230	S. Salmon	170	
Teen	100	Master III	210	T
A. John	190	S. Smith	210	
148 lbs.		MEN 114 lbs		C
Novice	315	114 lbs. Teen		T
	255	C. Crandell	225	C
N. Caughton J. Iwen	185	148 lbs.	223	
Teen	103	Novice Novice		C
	205	N. Coughron	330	
A. Crumes	205	165 lbs.	330	D
165 lbs.	203	Teen		18
Teen		G. Hepke	360	Te
M. Cerruto	250	Novice		Z.
R. Bickford	225	B. Cattell	490	19
T. Frank	175	T. Frasher	385	Te
T. Frank K. Kramme	230	181 lbs		K.
Novice	FRENCH	Teen		Su
M. Cerruto	250	D. Brubaker	440	D.
181 lb.		Open	1000	24
Open		K. Wesley	500	N
	455	198 lbs.		M
R. That W. Keith	390	Teen		m
J. Townsley	375	B. Kettleson	345	su
D. Hutcheson	325	Novice		
Teen		E. Manning	600	
D. Brubaker	275	Submaster		
M. Shaw	250	C. Danielson	455	
M. Day	225	Master I		BI
Master I		S. Jackson	435	W
B. Leazer	375	Master II		13
B. Carlough	345	D. Rhoades	635	M
M. Donahu	335	220 lbs.		1.
198 lbs.		Teen		M
Open		N. Findlay	350	16
S. Barton	385	Master I		0
Submaster		D. Schilling	410	W
B. Maynard	375	Master III		13
J. Lewellen	320	J. Ites	390	
Master I		242 lbs.		L.
R. Hennigar	440	Novice		24
R. Henigar	285	M. Thomason	555	
Teen	205	J. Beauregard	500	0
K. Thompson	305	Open	585	
220 lbs.		C. Frazier Z. Mulder	565	
Novice	410	Submaster	363	1
D. Herrig	410 330	R. Baker	535	
E. Peterson Open	330	Master I	333	
J. Cravatta	650	D. Gulling	535	
	030	P. Morris	475	
Submaster J. Cravatta	650	HWT	47.3	
B. Phillips	370	Teen		
Master I	37.0	D 64	435	
D. Schilling	225	D. Stammer Novice	433	
Master II	223	D. Stmmer	435	
G. Townsell	430	TRAP DEADLE		
Master III	130	WOMEN		
J. Ites	300	148 lbs.		
Teen	300	H. Redmond	290	
L. Doty	275	Teen		
242 lbs.		J. Corkery	335	
Novice		Novice	555	
	375	J. Corkery	335	
K. Sales J. Beauregard	340	Open		
J. Flammang	325	J. Corkery	335	
L. Carter	205	MEN		
		148 lbs.		
	565	Teen		
Open M. Pinkerton	565			



he EPIC (as in Extreme Power Iron Club) based in Ankeny, IA participated in the Iowa State hampionships. Team Members include (left to right, standing) Mark Pinkerton (242), Todd Frank (275), nomas Frank (Teen 165), Phil Schultz (242, Travis Risius (220-242, but didn't compete at this meet), huck Hudson (275), Mark Hennessy (275, but didn't compete this time) In the front row are Chantz randall (top) and Brian Frank (both Teen 114s). Thanks to Todd Frank for the photo and information.

	1												
loover lbs.	365	Tee				sQ	347 BP	485 DL	832 TOT	J. Redmer	600 402		1769 1218
n			AcCaule	y 425	132 lbs.					(results from D	mecto	i wayne David	He
Morgan	550		lbs.		Open	202	101	319	793				
lbs.		Tee		405	L. Marietta 181 lbs.	292	181	319	793	Winyah	Fitne	ss Harborwa	lk
n			Barske	403						24 IUN 0	6 - (Georgetown,	SC
hompson	365		ter I haw	505	Open C. Laing	468	314	479		BENCH		220 lbs.	
master		HW		303	Master II	400	314	4/3		YOUTH (under	12)	P. Horn	430
Phipps	570	Tee				352	- 311 CH	391		63 lbs.	,	S. Berry	350
lbs.		And the second	hnen	550	198 lbs.	332					55	M. Johnson	340
y thanks	to all lift				Open					WOMEN		242 lbs.	
le the low						600	407	518	1526		125	J. Peterson	560
cess. (resi					S. Stout	512	429	551	1493	Teen (13-15)		K. McFadden	540
		, , , ,			S. Craig	165	341	165	744	M. McFadden	190	275 lbs.	
					Teen II					Teen (16-19)		C. Williams	525
USA	APL Ka	nsas	State			292	176	391	859	A. Moore	315	M. Phipps	500
8 JUL	06 - L	awre	nce, K	S	Master III					C. Watts	275	308+ lbs.	
ICH		5. 5	ingler	209	D. Determann	248	303	429	981		290	J. Tancil	605
MEN		198	lbs.		220 lbs.						290	(40-44)	
lbs.		Ope	n		Open						295	A. Bremner	325
ter II		S. (raig	341	T. Clarke	501	402	573	1477	148 lbs.		C. McKnight	300
Aarzen	77	M.	Merrill	-	S. Bronoski	501	209	451	1162		345	(45-49)	
N					M. Tuley	501	-	-	-		335	P. Horn	450
lbs.					Master I					165 lbs.		R. Nesbit	280
en					K. Paxton	-	-	-	-		350	(50-54)	
MEN		BP	DL	TOT	242 lbs.					181 lbs.	265	J. Tancil	605
lbs.					Open						365	(60-64) D. Ricafrente	400
en					J. Kramer	534	385	534	1455	198 lbs.	450	D. Kicairente	460
Tuley		143	203	347	Teen II						450 Lifter	: Ion Peterson	Re
N.					M. Allen	-	-	_				ancil. (Thanks 1	
lbs.					SHW							ng these meet	
en					Open					brenmer for p	OVION	ing these meet	Coun

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SLP National Best Lifters: Luke Edwards, Martin Montgomery, and Ed Clark (left to right) with 450 was also good. Best lifter Ed 4th-DL-380

4th-BP-450

Master (45-49)

CLD	N1 -4"	- I nn/Di	L.
SLP	Natio	nal BP/DL	
29 AP	R 06	- Tuscola, IL	
BENCH		242 lbs. E. Clark	
MALE		E. Clark	625
Special Olym	pic	SHW	
198 lbs		I. Leonhardt	525
S. Chapala	290*	DEADLIFT	
FEMALE		FEMALE	
Master (40-44	1)	Master (50-5	4)
181 lbs.	7	220 lbs.	
C. Crossland	360*	M. Vincent	290
Teen (13-15)		MALE	
97 lbs.		Special Olyn	pic
L. Zielinski	120*	198 lbs.	TO be
165 lbs.		Special Olyn 198 lbs. S. Chapala Teen (13-15) 97 lbs.	295
J. Duncan	200	Teen (13-15)	
Teen (18-19)		97 lbs.	
198 lbs.		L. Zielinski	200
K. Minnaert	365	165 lbs.	
lunior		J. Duncan	365
132 lbs.		4th-380*	
D. Maes	210	Master (40-4	4)
Master (40-44		198 lbs.	
148 lbs.		S. Mocilan	575
C. Flowers	335	4th-605*	
220 lbs.	200	220 lbs.	
J. Robinson	400	J. Robinson	650
Master (45-49		MALE	-
198 lbs.	-	Master (45-4	9)
D. Newman	440	181 lbs.	1000
Master (50-54		181 lbs. M. Raya	550
101 Il.		198 lbs.	
D. Sparks	375*	D. Newman	510
198 lbs.		Master (50-5	
D. Goble	440*	S. Vollmer	
41h 4508		Master (60-6	
S. Vollmer	305*	165 lbs.	100
4th-315*	500	Montgomery	485
Master (60-64	(1)	181 lbs.	405
275 lbs.		L. Greer	365
T. Chapala	340	Master (65-6	
Master (65-69	9)	181 lbs.	*,
181 lbs.	,	W. Stinson	275
W. Stinson	240	Open	
Open		220 lbs.	
220 lbs		D. Minks	
D. Minks	420	242 lbs	
4th-450	420	I Edwards	740
MALE	SO	L. Edwards BP DL	TOT
Teen (13-15)			
165 lbe			

Lifter Open: Luke Edwards. Best Lifter national record there with 625. A smart Master: Martin Montgomery. Best Lifter liftoff was the only thing which kept Ed from making his final attempt with 650. National Bench Press & Deadlift Champi-Jason Leonhardt got a new personal best onship was held at Son Light Power Gym. 525 opener at shw, then just missed 600 Thanks to my wife Susie and Linda Middleton, both of whom are SLP national and past APF national judges, for offici-way in the past year, and if he can just

Halverson for loading and spotting. Be-fore the actual bench press event we had three squatters who were attempting SLP national records in the powerlifting event.

For the 13-15 age group, it was first-time competitor Jacob Duncan, who finished

with a 510 record attempt, failing out of the hole. Also bombing was open 220 lifter Dustin Minks, who failed to find his depth

with 800. The only lifter with a successfu

squat was Dave Newman, who finished ith a new national record 550 for the 45-49/198 class. In the bench press competition it was Sam Chapala for the win at special olympic 198, setting the national record there with his 290 final attempt, which was also a new personal mark for Sam. Taking the platform next was 40-44/

181 women's winner. Cyndi Crossland

Weighing in at the 181 limit, Cyndi finished with a new personal and national record bench of 360! For the teenage

men's 13-15 age group it was twelve year old Logan Zielinski at 97, setting the national record there with 120. At 165 it

was Jacob Duncan with 200. Kale Minnaert won at 18-19/198 with a personal best

365. Moving to the master's division Chris Flowers won at 40-44/148 with 335 while James Robinson dropped down to the 220 class for the win with 400. Dave Newman

ook the 45-49/198 class with an easy 440 Darris Sparks successfully defended his title at 50-54/181, finishing with a new national and personal best 375. On a final

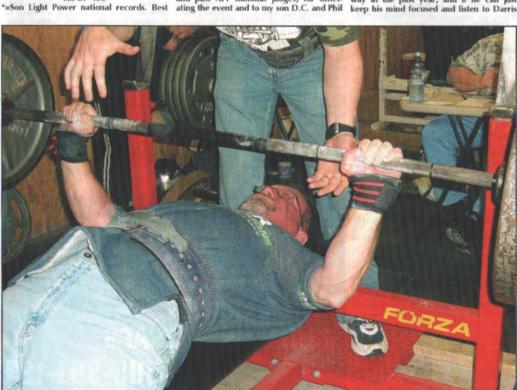
attempt Darris came within a quarter of in inch of locking out his first 400! Dar Goble broke the national record at 198 with 440, followed by a stronger 450 fourth attempt! Also at 198, but in the raw

division was Steve Vollmer, who finished with a national record 315 fourth, after

his 305 third attempt. Tom Chapala won at 60-64/275 with 340, while Wayne

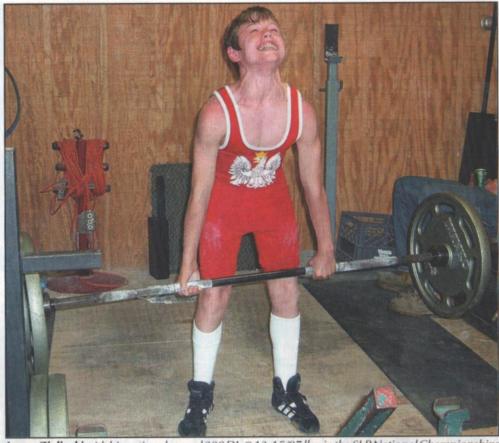
Stinson took the 65-69/181 class with a

was Dustin Minks with 420 at 220. A fourth



Dave Newman with a 440 @ 45-49/198 at the SLP Nationals. (photos courtesy of Dr. Darrell Latch)

Sparks and the boys from Samson's Gym in Hamilton, Ohio, and with a whole lot of luck, the kid just might get that 600, and a lot more! But you know what they say, "You can take the sissy out of the boy, but you'll always still be a Sissy Boy!? In the deadlift competition Sam Chapala set his second national record of the day with an easy 295 pull. A fourth with a personal best 320 just moved out of the groove on Sam. Marggie Vincent broke the existing national record at 50-54/220 with a existing national record at 50-54/220 with a personal best 290. A final pull with 300 stalled halfway up. Logan Zielinski got a personal best 200 pull at 13-15/97, which was also a new national mark there. Then at 165 it was Jacob Duncan with a solid 365, followed by a national record 380 at 165! Steve Mocilan broke the national mark at 40-44/108 with 575 then camp back with 3 44/198 with 575, then came back with a personal best 605 for the title. James Robinson pulled a great 650 at 220 for the win and national record there. Mike Raya dropped down to 181 at 45-49 to set the national record at 550. Dave Newman won again at 45-49/198 with his easy opener of 510. For the 50-54 age group it was steve Vollmer with 500 for the win there. Martin Montgomery won at 60-64/165 with a great 485 pull. We tried to talk him into a national record 510 final pull, but he just couldn't seem to get his head into it. But still, 485 at a 165 bodyweight and sixty three years of age is not too shabby! Larry Greer broke the national record at 65-69/181 with 365 while training partner Wayne Stinson won at 65-69/181 with 275. In the open division Dustin Minks had some In the open division Dustin Minks had some problems at 220, failing with 600 three times. At 242 it was another story, though, with Big Luke Edwards in total control! Opening with 705 and moving to an easier 740 second, Luke went straight for the big one, 800. Coming within just the last few inches, Luke almost joined the elite! Next time! Martin Montgom ery won the best lifter award among the master lifters while Luke Edwards won among the open lifters. Thanks to all the lifters helpers and spectators. See you all again next year! (Results by Dr. Darrell Latch)



Logan Zielinski with his national record 200 DL @ 13-15/97 lbs. in the SLP National Championships

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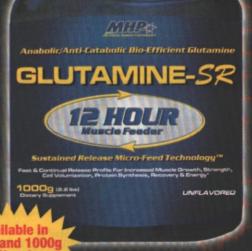
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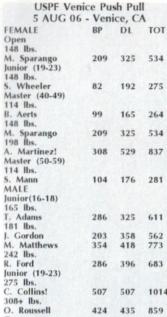














35 and deadlifted 573 to win the 198 nice Beach Push-Pull competition.

R. Ford	286	396	683				
Junior (19-23)				CL II I	1 1		140
275 lbs.				Sheldon Levy	bench	presse	2043
C. Collins!	507	507	1014	pound division	n at the	USP	F Ver
308+ lbs.							
O. Roussell	424	435	859	E. Deforest	501	_	-
Open				R. Girard	-	_	_
165 lbs.				275 lbs.			
L. Lichtle	253	314	567	M. Bell!	600	705	1306
181 lbs.				B. Meek	534	617	1151
L. Sparango	363	463	826	M. Bell	418	501	920
P. Davis	192	451	644	E. Laporte	374	523	898
198 lbs.				A. Aerts	418	402	821
S. Levy!	435	573	1008	308 lbs.			
K. Downey	292	507	799	R. Silva	402	507	909
B. Haske	214	451	666	Master (40-49)			
A. Fregoso	220	325	545	M. Tronske	418	567	986
G. Jyo	_	_	_	J. Dentice	374	540	914
220 lbs.				D. Hester	407	468	876
S. Aubuchon	402	622	1025	J. Avigliano	374	578	953
M. Tronske	418	567	986	M. Menslage	363	529	892
D. Johnson	330	429	760	Master (50-59)			
M. Brown	281	402	683	R. Harper	363	683	1047
242 lbs.				R. Stevens	402	446	848
D. Muro	429	694	1124		4th-E	L-462	
R. Harper	363	683	1047	A. Aerts	418	402	821
R. Costa	451	518	970	S. Brown	485	_	_
I. Dentice	374	540	914	Master (60+)			
T. Harris	424	463	887	L. Lichtle	253	314	567

R. Simon B. Meek! 226 352 578 534 617 1151 !=Best Lifters. Female: Angela Martinez, Junior Men: Chase Collins, Open Men Light 114-198: Spencer Levy, Open Men Heavy 220-SHW: Mark Bell, Master Men: Brian Meek. State Single Lift Bench Records set: Shannon Wheeler, 148 Junior 20-23, 83 lb. bench, Angela Martinez, 198 Open, 308 bench, Angela Martinez, 198 Master 40-44, 308 bench, Bonnie Aerts, 114 40-44, 308 bench, Bonnie Aerts, 114 Master 45-49, 99 lb. bench, Mark Matthews, 181 Junior 16-17, 354 bench, Tom Adams, 165 Junior 16-17, 286 bench, Robert Ford, 242 Junior 16-17, 286 bench, Chase Collins, 275 Junior 18-19, 507 bench, O'neil Roussell, 308+ Junior 20-23, 424 bench, Brian Meek, 275 Master 60-64, 534 bench, Richard Simon, 181 Master 75-79, 225 bench. State Single Lift Deadlift Records set: Monica Sparango, 148 Master 40-44, 325 lb. deadlift, Shan-non Wheeler, 148 Junior 20-23, 192 lb.

deadlift, Angela Martinez, 198 Open, 529 deadlift, Angela Martinez, 198 Master 40-44, 529 deadlift, Bonnie Aerts, 114 Master 45-49, 165 lb. deadlift, Mark Matthews, 181 Junior 16-17, 418 deadlift, O'Neil Roussell, 308+ Junior 20-23, 435 deadlift, Spencer Levy, 198 Master 40-44, 573 deadlift, Shea Aubuchon, 220 Submaster, 622 deadlift, David Muro, 242 Submaster, 694 deadlift, Roland Stevens, 242 Master 55-59, 462 deadlift, Brian Meek, 275 Master 60-64, 617 deadlift, Richard Simon, 181 Master 75-79, 352 deadlift. American Single Lift Bench Records set: Angela Martinez, 198 Open, 308 bench, Angela Martinez, 198 Master 40-44, 308 bench, Bonnie Aerts, 114 Master 45-49, 99 lb. bench, Mark Matthews, 181 Junior 16-17, 354 bench, Chase Collins, 275 Junior 18-19, 507 bench, Brian Meek, 275 Master 60-64, 534 bench, Richard Simon, 181 Master 75-79, 225 bench. American Single Lift Deadlift Records set: Angela Martinez, 198 Open, 529 deadlift, Angela Martinez, 198 Master 40-44, 529 deadlift, Monica Sparango, 148 Master 40-44, 325 lb. deadlift, Bonnie Aerts, 114 Master 45-49, 165 lb. deadlift, Chase Collins, 275 Junior 18-19, 507 deadlift, Raymond Harper, 242 Master 55-59, 683 deadlift, Brian Meek, 275 Master 60-64, 617 deadlift, Richard Simon, 181 Master 75-79, 352 deadlift. Thanks to all of our valuable help at the meet: Chuck LaMantia, National Referee and Announcer, Jack Hughes, International Referee, Gordon Santee, Interna-tional Referee, Kevin Meskew, National Referee Steve Denison, National Referee, Lisa Wheeler, National Referee, David Foster, State Referee, Bill Ennis, International Referee, Danny McDermott, State Referee. Spotter/Loaders: Venice Beach Staff. (Results by Steve Denison)

100% Raw Currituck Open

	100 % K	aw Ci	irrituck Ope	11
	3 JUN	06 - (urrituck, NC	
-	FEMALE		198 lbs.	
	123 lbs.		Junior	
-	Open		L. Elliott	242
	C. Grant	176	Open	
	148 lbs.		M. Wilson	617
	Open		C. Lynch	948
	C. Buczynski	209	Police/Fire	
	lunior		T. Lyons	496
	C. Clay	551	Teen (16-17)	
	198+ lbs.		B. Maxwell	551
	Teen (16-17)		Teen (18-19)	
		297	J. McCauley	
	MALE		Teen (18-19)	
	97 lbs.			617
	Youth (10-11)		C. Harmon	551
		132	lunior	331
	114 lbs.	132	B. Horton	485
	Teen (11-12)		220 lbs.	403
		253		
1	Q. Thomas 4th-264	255	Open L Wilson	720
			J. Wilson	738
	132 lbs.		Open/Submas	
	Open (70.74		K. Mallory P. O'Brien	892
	Master (70-74			826
	B. Swain	418	Open	
	Open/Junior		C. Pickett	970
	148 lbs.		242 lbs.	
	Teen (14-15)		Teen (14-15)	
	D. Priddy	429	J. Pierce	738
	Teen (16-17)		Teen (16-17)	
	. Ross	485	A. Brown	584
1	T. Sadler	584	T. Lindstrom	606
J	. Manuel	396	A. Brown	595
J	lunior		Teen (18-19)	
1	W. Etheridge	396	C. Betts	551
1	165 lbs.		Open	
1	Master (60-64)	T. Manning	948
j	. Trotman	253	275 lbs.	
	Open		Open	
		396	D. Owens	970
i	. Brown	760	K. Cole	826
	Teen (18-19)		J. McElay	639
	D. Nelson	540	F. Banks	793
	lunior	340	Teen (14-15)	
	. Gagnon	584	J. Bates	782
	181 lbs.	304	Teen (16-17)	702
	Open/Sub/P/F	/1	K. McCoy	672
	M. Franklin		W. Percell	672 716
		901	200 lbs	/10
	Teen (14-15)	639	308 lbs.	
		639	Teen (16-17)	4400
	181 lbs.		C. Elliott	1102
	Master (40-44		SHW	
	B. Lancaster		J. Adams	650
1	Thanks to Par	ul Boss	i for these resi	ults)



Outstanding Lifters at the Maple Street YMCA Open in Omaha, Nebraska: clockwise from back row - T. Horton, A. Zagurski, H. Boateng, E. Mwaja, V. Tran, M. Cole. (thanks to John Jones for photo)

Maple Street YMCA Open

3 JUN 06 - Omaha, NE

190

305

385

370

285

SQ BP

242 lbs.

242 lbs

275 lbs.

Master I

MEN

220 lbs

D. Olson

BP

305

325

90

H Stinson

Submaster

S. Peterson

D. Charron DEADLIFT

K. Harwick 415

DI

205 430 635

450

480 385 520 1385

455 325 500 1280

450 345 470 1265

500 300 365 1165

380 275 500 1155

Master II

275 lbs. Master I

BP

M. Lawson

M. Hammond 385

DL

159 275 435

159 275 435

385

TOT

C. Toney 380 275 500 1155 Outstanding Lifter Squat: C. Toney. Out-standing Lifter Bench: V. Tran and M. Cole.

Outstanding Lifter DeadlifT: T. Horton. (Thanks to John Jones for the meet results)

Kansas City Push Pull 26 JUN 06 - Kansas City, KS 220 lbs.

500 805

DL TOT

240 520

335

425

TOT

BENCH

WOMEN

165 lbs.

V. Tran 181 lbs.

M. Cole

D. Nesbitt

198 lbs.

Push Pull

. Delgado

C. Freichs

B. Miner WOMEN

123 lbs.

275 lbs.

Novice

220 lbs

308 lbs

BENCH

198 lbs. Junior J. Hammond

Master I

D. Hoag

165 lbs

Master III

D. Willard

Push-Pull

165 lbs. Master Pure

MEN

MEN

A. Zagurski

D. Graves Master II

MEN

Mwaja

Open 165 lbs.

Novice

G. Wallace 285

MEN

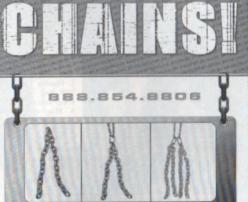
Submaster II

B. Mann 275 358 633 - 391 Military Police K. Mitchell B. Tiplett 220 lbs. 468 733 600 600 (thanks to Jim Duree for the meet results) Pure B. Marselu 314 451 766 USAPL NJ States 5 NOV 05 - Rockaway, NJ 440 463 903 I. Nicholes SQ BP DL TOT 242 lbs. MEN Raw/Formula Submaster II D. Hartobey 440 529 1223 T. Meeker 479 523 1003 264 248 451 446 275 lbs. Submaster II L. Channy 314 1008 Out of State/Formul 512 512 545 1399 363 Unequippe A. Scolaro 490 363 314 600 556 1466 1311 Cutting 501 Montero 440 628 534 308 474 782 M. Washer 496 485 429 380 1554 1399 Price 474 782 Hundley 231 303 363 898 D'Angelo 198 lbs. Submaster Masters/Formula 429 E. Collman 352 308 661 M. Washer 496 K. Lair 347 380 474 1201 330 242 992 Master Pure Rooney 920 D. Willard 159 275 435 M. Donnelly 308 226 385 R. Cassidy 358 314 220 lbs. D. Chewenak 286 198 407 892 K. Schempp 248 451 700 D. Burke lacobs Master II (these divisions did not appear when we published these results earlier in PL USA) D. Limstron 303 440 744 Inter



ELITE FITNESS SYSTEMS carries the complete line of Flex Bands®. Flex Bands® were developed by former football coach Dick Hartzell. These are the only bands endorsed by Louie Simmons of Westside Barbell. Beware of imitators with inferior bands that are molded or bonded together. They are backed by full 1-year warranty. These are a must for any serious athlete! Four sizes are available, listed below in order of strength:

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THE THE
9

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Last Name	Name First Name			Initial			Renewal Y N	Current Card # (If Reserval
Street Address								Club Name
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Current USPF Classification Elite Master 1 II III IV	Referee Status	Cat. 2 Nat.	State	Current Hi	gh School	Special	Olympian	Irmate Y N
Current Collegiate U.S	Citizen	Date of Birth		Se		Toda	y's Date	Card Issued By
	Y N	1	1	N	1 F	1	1	

Registration Fee \$25.00 Make checks payable to and Mail to: UNITED STATES POWERLIFTING FEDERATION NATIONAL HEADQUARTERS P.O. Box 650 Roy, Utah 84067

School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug

In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

If Under 18 have Parent Initial _

71

		sh Pull Natio - Mesa, AZ		4th-611*		165 lbs.	diam'r.	A. Hubbard		181 lbs. R. Simon
BENCH		Elite Open		Master (47-53	1)	A. Davila	473	4th-369*		Open
FEMALE		308 lbs.		198 lbs.		E. Davidson	440*	MALE		148 lbs.
Law/Fire		M. Womack	622	F. Johnson	424	220 lbs.		Class 1		M. Salemi
Open			632	R. Solar	347	J. Mendoza	540*	181 lbs.		198 lbs.
165 lbs.		Junior (20-25)		275 lbs.		D. Chinn	468	A. Benes	473	J. Kegrice
	1074	220 lbs.		Fahrenbruch	479	242 lbs.		198 lbs.		L. Richesson
L. Itule	187*		451*	308 lbs.		A. Frazier	_	J. Lee	448	275 lbs.
Master (40-46)	242 lbs.		F. Hofer	573*!	J. Hunter	666*!	220 lbs.		P. Holloway
181 lbs.			303	309+ lbs.				R. Vecasi	573*	R. Klein
R. Johnston	115	275 lbs.		T. Manno	_	D. Hamblin	429*	D. Swoveland		I. Pritchett
Master (54-60))	J. Pritchett	-	Master (54-60))	259 lbs.		242 lbs.		309+ lbs.
148 lbs.	450	Law/Fire	700	165 lbs.		S. Hoekstra	584		485	
B. Anderson	159	Master (46-55)	S. Lemire	264	275 lbs.		4th-402		M. Grill
Open		308+ lbs.		B. Hill	319	P. Holloway	617	275 lbs.		Submaster (33
165 lbs.			501			309+ lbs.			585	
L. Itule	187*	Law/Fire		D. Knapp	198	S. Jordan	_	4th-601*	000	A. Tortorell
MALE		Submaster		308 lbs.		Teen (12-13)		Junior (20-25)		4th-644*
Class I		220 lbs.		R. Smith	507	132 lbs.		198 lbs.		242 lbs.
198 lbs.			363*	Master (68-74		K. Judd	100*1		578*	J. Casemier
F. Johnson	424*	242 lbs.		181 lbs.	,	148 lbs.		242 lbs.	3.0	275 lbs.
R. Solar	347		451*	I. McEwen	242	I. Gillette	126		485*	P. Holloway
l. Lee	292	Master (40-46)	198 lbs.		4th-132*	120			Teen (12-13)
220 lbs.		165 lbs.			132*	165 lbs.		275 lbs.	301	132 lbs.
G. Moncada			336	Master (75-79		C. Sanders	99*		755*1	K. Judd
D. Swovaland		4th-347*		148 lbs.	,	Teen (14-15)	,,		/33":	
R. Becaei	363	181 lbs.		F. Richey	308	132 lbs.		Submaster		148 lbs.
242 lbs.		R. Estrada	435*	4th-314*!	300		132	220 lbs.		J. Gillette
H. Szejn	_	259 lbs.		181 lbs.		148 lbs.	132		573*	4th-281
B. Schultz	358		567*	R. Simon	276*		137	242 lbs.	3/3	165 lbs.
l. Kox	303	275 lbs.		Open	2/6	165 lbs.		J. Casemeir	67281	
275 lbs.		E. Welch	275	148 lbs.		l. Iriberri		Master (40-46		
E. Welch	275	308 lbs.		J. Harrison	374	K. Johnston			,	4th-253*
				M. Salami	303	Teen 916-19)				Teen (14-15)
-	-			E. Davidson	440	148 lbs.		E. Carmichel		
			118	181 lbs.	440	M. Salemi	2028			T. Anderson
March Market	2			101 108.		M. Salemi	303*	D. Brekke	468	4th-253*

R. Estrada 198 lbs.

Mendoza

. DeAlva

Dearosiers

. Hoekstra

. Pritchett

4th-611

I. Presley

F. Hofer

309+ lbs.

S. Wesley

242 lbs.

259 lbs.

275 lbs.

R. Hill

S. Pham 165 lbs.

C. Hogan DEADLIFT

FEMALE

181 lbs.

I. Petrav

148 lbs.

L. Tan 199+ lbs. L. Hood

Master (40-46)

Master (61-67)

4th-336*

435*

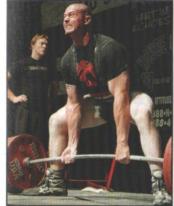
540*

584

567

501

600



Jerry Pritchett ... super deadlifter.

672

622

755

716

822 (33-39)

628

253

248

336

424

148 lbs.

C. Judd

165 lbs.

S. Pham

165 lbs.

374* M. Salemi

M. Nguyen 413 181 lbs.

K. Johnston

Teen (16-19)

4th-341*

585

303

4th-473*

4th-601*

Master (68-74) 181 lbs.

Master (75-79)

Welch

McEwen

198 lbs.

148 lbs

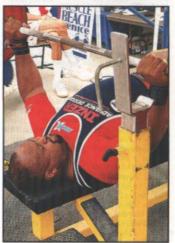
F. Richey

303*1

ludd

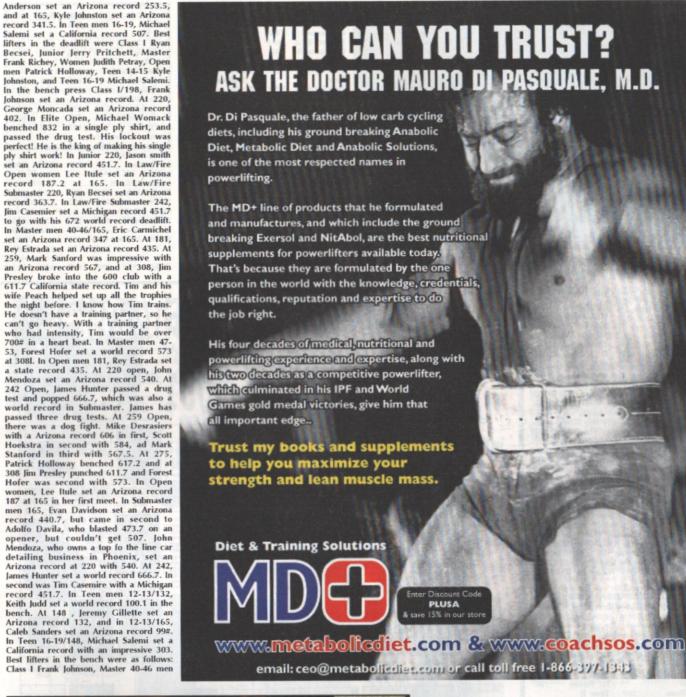
The Huge Arms of Mr. Jim Presley

198, Ed Sun set an Arizona record 578.5. Bull Stewart trained him when he was a teenager. In Junior 275, Jerry Pritchett set a world record 755. Jerry and Ryan Becsei brought the warm-up benches and weights, and set them up. Jerry's mother Suzi made sandwiches for the staff. She's a very nice She wasn't asked to make the sandwiches, she just did it. In Law/Fire Submaster/242, Jim Casemire, or Michigan, set a world record 672.2, with a strong pull and room for 685. In Master men 40-46, Eric Carmichel set an Arizona record 435 at 165. At 181, David Brekke, of Colorado, set a state record 473.7 at 275. Eric Welch pulled a Nevada record 601.8. In master men 68-74/198, Donald 4th-424*! C. Hogan 529
*=State Records. !=World Records. This Judd set an Arizona record 374.7. In master men 75-79/148, Frank Richey was event was held at the Holiday Inn and unbelievable! He is 76 and fell off a 10 event was held at the Holiday Inn and unbelievable: He is 76 and fell off a 10' Resort, which has an 80,000 gallon wrap ladder two weeks before the meet, and around swimming pool. This event had 80 was limping. He set a world record 424! lifters. In the deadlift, Ryan Becsei set an In the bench, he set a world record 314! Arizona state record 573 in Class 1/220. In 75-79/181, Richard Simon set a At Class I/242, Jonathan Kos set a Nevada California record 352.5. In Master women record 502.6. At 275, 6'6" Fric Welch set 40-46, Roxanne Johnston set an Arizona record 214.7 at 181, and in Master women 61-67/165, Judith Petray of California set world record 303. Judith is an attorney and is very intense in her deadlifting. In Open men, Patrick Holloway pulled 706, Jerry Pritchett pulled 755, and Paul Abbott ed with 716 and came close with 804 twice. In Submaster 220, Al Tortorelli set a California record 644.7. Al used to play professional baseball as a catcher. In Teen men deadlift 12-13/132. Keith ludd set an Arizona record 259. At 148, Jeremy Gillette set an Arizona record 281, and at 165, Caleb Sanders set an Arizona record



Patrick Holloway ... a 617 bench.

Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL) Current Card # (if Research) 253.5. In Teen 14-15/132 deadlift. Tomm Street Address YN Registration Fee: NOTE: All WABDL-sanctioned meets will be subject to Adults \$30.00 Teens \$20.00 Make checks payable to and mail to: In recognizing the need for drug usage detection, I agree WORLD ASSOCIATION OF BENCH. to submit to any testing procedures deemed appropriate PRESSERS AND DEADLIFTERS by WABDL or its agents and shall accept the results P.O. Box 27499 and consequences of such tests. Golden Valley, MN 55427 If under 18, have parent initial Signature_





James Hunter ... got a new WABDL World Record Bench of 666 in the Submasters

Jim Presley, Master 47- Forza competition bench. And, the judges men Forest Hofer, were Brian Walk, Gus Rethwisch, Tom ster 54+ Frank Manno, Louie Holmeyer, Tim Isaac, and Lightweight Anderson, and Teen 16-

Richey, Women Barbara Nico Feliciano, Selling tickets was Teresa Anderson, Open Men Rethwisch. Lawrence DeAlva brought the Lightweight John competition weights. The platform Mendoza, Open Men manager was Leonard Cook and his Heavyweight James assistant Rob. The main sponsors were Hunter, Submaster men Ivanko and Forza Strength Systems. In James Hunter, Teen 14- addition, sponsors for the meet were 15 men Tommy Shawn Madere and GLC Direct, the best joint formula on the planet, you can order direct at 866-452-3473. Also, Rick Brewer First place team was and House of Pain. Keith Lemm and CSS Donald Judd and his St. Sports, Brent Mikesell and Iron Gladiator, David Arizona Team. I Chris and Diane Winters of AquaVIBE, want to thank Jim Presley, Gus Samuelson and Mike Rockoff of who helped unbox and Universal Nutrition, Jim Tate, and Jim set up all the trophies, Wendler of Elite Fitness, the makers of the Jerry Pritchett, who metal gear, Mike Lambert of Powerlifting brought all the warm-up weights and benches, Chet Greskrentz and Ivanko, who provided Systems, and Karl Tyler of Karl Tyler the kilo set, Giorgio Usai Chevrolet. (Thanks to Gus Rethwisch for Jr. who provided the providing these meet results to PLUSA)



13 year old Shelby O'Brien and 71 year old Darrel Sidwell at the SLP Cross County Pull BP/DL championships in Mattoon, IL.

SLP Cross County Pull 6 MAY 06 - Mattoon, IL DEADLIFT FEMALE MALE Teen (13-15) Master (70-74) 181 lbs. 123 lbs.

S. O'Brien 110* D. Sidwell 315* =Son Light Power Illinois state records The twenty second annual Son Light Power Cross County Pull Bench Press & Deadlift Championship was held at the Cross County Mall in Mattoon, Illinois. This year, though, we had a very disappointing turnout of only two lifters! In the bench press event first-time competitor Shelby O'Brien showed plenty of potential, taking the 13-15/123 class with a new state record of 110. A final attempt with 115 stopped about halfway up, but a good beginning for the raw lifter! For the deadlift competition it was seventy one year old Darrel Sidwell, moving up to the 181 class. Here Darrel set a new Illinois state record of 315 for the 70-74/181 division. A fourth with 325 was just a little division. A fourth with 325 was just a little too much on this day. Thanks to my son Joey and grandson Daniel for setting up and judging/loading the meet. Be back here June 11 for the USA Raw Bench Press Federation Summer Nationals! (D. Latch)

USAPL Peter Lanzi Memorial IV IIIN Of Claveland OH

3 JUN	06 - (leveland, Of	1
BENCH		S. Steele	793
VOMEN		Teen II	
14 lbs.		Z. Pressley	540
Aaster III		Teen III	
3. Morris	198	M. Cedeno	496
Aaster I		181 lbs.	
. Beno	209	Master I	
law		D. Noebe	760
. Beno	209	Teen II	
32 lbs.		M. Dings	661
Aaster 1		Z. Miller	628
. Hilliard	253	Teen III	
48 lbs.		N. schneider	551
Master I		198 lbs.	
. Zur	286	Master I	
65 lbs.		J. Wrabel	859
Aaster I		Master II	
. Tressier	551	G. saxon	562
MEN		Master III	
32 lbs.		D. Yanoscik	639
Master I		Novice	
. Helms	573	P. Green	- Allinois
een I		Open	
. Williams	374	T. Stroshine	1146
48 lbs.		R. Crea	981
Master I		D. Paonis	881
. Scribner	639	P. Green	-
A. Freecorn	529	220 lbs.	
Open		Open	
. Smith	1036	S. Spinelli E. Ortega J. Ballanca	1135
een III		E. Ortega	859
. Roscoe	496	J. Ballanca	760
65 lbs.		Police/Militar	
Master I		C. Perdue	870
. Steele	793	Raw	
Open		C. Perdue	870

242 lbs.		Master I		P. Natallzio	694	Open		Teen (16-19)				
College		K. Zur	639	198 lbs.		E. Ortega	1190	G. Blakely	297	198	518	1014
D. Kuck	760	165 lbs.		Master II		Raw		I. Smith	209	143	275	628
Master I		Master I		G. Saxon	1058	S. Spinelli	970	132 lbs.				
P. Cannon	970	A. Tressler	771	Master III		242 lbs.		Open (20-25)				
Open		MEN		D. Yanoscik	948	College		C. Jackson	275	275	330	881
K.Mayer	1366	132 lbs.		Open		D. Kuck	937	148 lbs.				
R. Falkowski	760	Teen I		D. Pagonis	1113	Novice		Master (26-30)			
275 lbs.		C. Williams	727	Raw		R. Falkowski	_	K. Martinez	- 10	209	385	595
Junior		148 lbs.		Tucciarone	970	275 lbs.		C. Kelly	-10	198	374	573
C. Rice	815	Teen III		Teen II		Junior		Open (20-25)				
SHW		S. Roscoe	881	1. Zimmerman	970	C. Rice	1157	K. Corbin	330	275	529	1135
Master I		165 lbs.		Teen III		SHW		R. Thereault	286	253	352	892
T. Leone	1003	Master I		K. McKain	859	Open		W. Wolfe	154	187	242	584
Open		5. Steele	1014	220 lbs.		W. Likens	1344	Senior Master	(31+)			
W. Likens	1366	Teen II		College		Teen II		R. Harris	374	297	440	1113
T. Mendenhal	1069	R. Gomez	1102	A. Harrod	1212	A. King	937	Teen (16-19)				
S. Mendenahl	1058	Winchester	970	Best Lifter W	omen	Bench: Anas	tassia	S. Thomas	297	297	440	1036
Teen II		Z. Pressley	595	Tresller. Best L	ifter N	len Bench: Joe	Smith,	165 lbs.				
A. King	551	Teen III		Ruben Gomez	, and	Kevin Mayer	. Best	Master (26-30)			
DEADLIFT		M. Cedeno	892	Lifter Wome	n D	eadlift: Anas	tassia	D. Marlone	352	341	-	694
WOMEN		181 lbs.		Tressler. Best	Lifter	Men Deadlift:	Ruben	S. Zimmerman	407	352	672	1432
114 lbs.		Master I		Gomez, and	Abraha	m Harrod. (U	SAPL)	Open (20-25)				
Master I		D. Noebe	1014					T. Zielinski	407	352	473	1432
P. Beno	440	Teen II						M. Shomper	_	286	462	749
132 lbs.		Z. Miller	1113	Virginia	spe	cial Olympic	CS	Senior Master	(31+)			
Master I		Teen III		10 JUN	06 -	Sandston, V	A	A. Lilly	220	176	286	683
L. Hilliard	529	N. Schneider	981	MALE	SQ	BP DL	TOT	Teen (16-19)				
		Master III		123 lbs.	24	DI DE	101	T. Jones	297	187	440	925

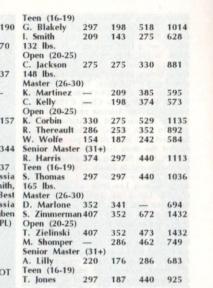
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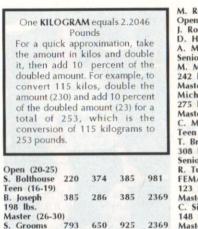
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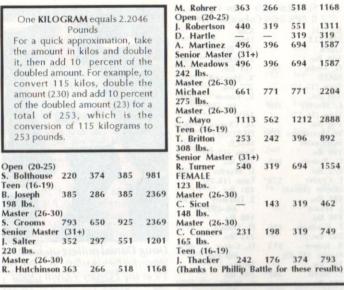
I. Salter

Master (26-30)

TOWEL

\$8.00

220 lbs.





Mark Mason's PR 310 @ submaster/198 at the SLP Muscle & More.

MALE Novice

198 lbs

M. Hunt

132 lbs.

Teen (13-15) 114 lbs.

. Hobeck

Submaster

Reisenhichler 150*

SLP Muscles & More Classic

7 MAY 06 - Kennett, MO

315*

190*

*=Son Light Power Missouri state records. Best Lifter Bench: Terry Crossen. The Son Light Power Muscles & More Classic

Bench Press Championship was held at Muscles & More Fitness in Kennett, Mis-

souri. Thanks to owners Kathy and Brian Rogers for hosting this event and to Brian

for helping out Joey with the spotting and loading duties. In the novice men 198

class it was first time competitor Michael Hunt with a new Missouri state record of

315 for the win at 198! Jordan Reisenbichler tied the existing state record for the 13-15/114 class with 150, while training partner Levi Hobeck broke the state

record at 132 with 190. For the submaster men's division it was Mark Mason with a

new personal best 310 at 198 while Terry Crossen won at 220 with his opener of 430.

Missing his final two attempts with 460, Terry's opener was still good enough for the best lifter award! In the raw open division it was James Sanders with 300 at

181, setting the state record there for that class. Also in the raw division was little

brother William Sanders, who also got a new record for his class, open 275, with

405. All of the lifters, being fairly new to the sport of powerlifting, showed plenty of potential. See you all back here again this fall! (Results by Dr. Darrell Latch)

198 lbs.

RAW

Open 181 lbs.

I. Sanders

W. Sanders

M. Mason 220 lbs.

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0's, 50's and 60' wonderful wa to decorat

Muscles & More Best Lifter: Terry Crossen with his awards. (photographs provided by the courtesy of Dr. Darrell Latch)

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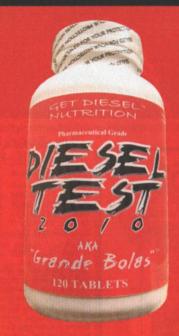
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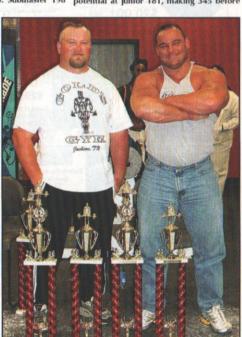
8 APR	06 - 0	Columbia, TN	
ENCH		Raw	
EMALE		Open	
pen		165 lbs.	
48 lbs.		F. Stallone	330*
. Timbs	185*	181 lbs.	10.79
AALE		R. Howard	325*
een (13-15)		275 lbs.	
48 lbs.		R. Turner	525*
	160	4th-540*	
een (16-17)		SHW	
98 lbs.		M. Chaney	585*
V. Scroggins	315*	DEADLIFT	
ubmaster		MALE	
98 lbs.		Teen (13-15)	
. Powers	405	148 lbs.	
75 lbs.		L. Worthy	250
Crader	550*	Teen (18-19)	
laster (40-44)	181 lbs.	
81 lbs.		J. Dulaney	430*
Brown	-	4th-450*	
98 lbs.		198 lbs.	
. Bowman	405	D. Daniel	475*
42 lbs.		242 lbs.	
. Snipes	315	D. Guyer	425*
laster (45-49)	4th-450*	
65 lbs.		Junior	
. Smith	380*	148 lbs.	
81 lbs.			385*
. Hardy	335*		
4th-350*		E. White	345
pen		4th-385	
98 lbs.		Master (40-44)
. Watson	400	242 lbs.	
20 lbs.		B. Snipes	405
. Nunley	450	Open	
4th-460		275 lbs.	
75 lbs.		J. Carter	650
I. Timbs	700*		

winner Glen Powers finished with 405, while Jason Crader broke the state record at 275 with 550. This was also a new personal best for Jason. In the master 40-44 division, state record holder at 181, Jack Brown, never quite found the groove, failing with his 425 opener three times. Todd Bowman won at 198 with 405, just fail-ing to break his own state record there with his 415 final attempt. Then at 242 it was Bruce Snipes with 315 for the win there. Charles Smith tied the existing state record at 45-49/165 with a personal best 380. Also setting a state record was 45-49/181 winner Philip Hardy. Philip finished with 335, before making a fourth with 350. In the open division Bobby Watson had his greatest day of lifting yet, finally getting his first 400 bench! Bobby won at 198. Chris Nunley also got a new



Doug Daniel pulling up his state record 475 deadlift @ 198/18-19 at the Harvey's Gym Open.

pr for the day at 220, with his 450 third and 460 fourth attempts. But it was Harley Timbs who stole the day, getting his first officially sanctioned 700 bench. Weighing in at 255, Harley took the "press call", then locked out the bar with perfect form. C. Nunley 450 Open 4th-460 275 lbs. J. Carter 650 Winch Family 18 Carter 18 Carter 19 records. Best Lifter Bench: Harley Timbs. a strong 330, while Roderick Howard won Best Lifter Deadlift: Joe Carter. The Son at 181 with 325. Big Ray Turner got a new Light Power Harvey's Gym Open Bench
Press & Deadlift Championship was held
A Harvey's Gym in Columbia, Tennessee.
Thanks to owner Andy Harvey for hosting
Lifter award went to Harley Timbs. In the this event and to the staff who helped out. Iter award went to riarrey limbs. In the bench press competition Denise In the bench press competition Denise second title of the day at 13-15/148 with Timbs set the Tennessee state record for the open women's 148 class with her 185 future great! At 16-17 all three lifters set the open women's 148 class with her 185 second attempt. Her third with 200 was sclose but stalled halfway up. Denise, who is also an aspiring bodybuilder, is now training for the NPC Tennessee State Bodybuilding Championship, to be held later this fall. For the teenage men's 13-15/148 class it was first-time competitor Luke Worthy for the win with 160, making just his opener. Wes Scroggins broke the state record at 16-17/198 with 315, just missing a fourth with 320. Submaster 198 winner Glen Powers



SLP Harvey's Gym Open Best Lifters: Joe Carter and Harley Timbs (photos by Dr. Darrell Latch)

a great 385 fourth! Then at 40-44/242 it was guest lifter Bruce Snipes with 405. Bruce actually locked out 435 but was called for hitching. Our final lifter was best lifter Joe Carter, who finished with 650 at a 270 bwt. Joe, who is recovering from a pec injury, was feeling strong, but a recent work related injury to his right hand made it difficult to grip the heavier weights, and was forced to stop after his second pull. Thanks to my son Joey for his work on the platform and to the staff for helping out. Thanks also to Mary Morris for taking some great pics and serving as our trophy girl. See you all again next year at Harvey's in Tullahoma, Tennessee! (Meet results by Dr. Darrell Latch)

USAPL Ironworks BP/DL II 15 JUL 06 - Midland, WI

		S. Begeny	
WOMEN		Master III	
		D. Gannage	
Master III		198 lbs.	
B. Zintsmaste			
		J. Mahabir	
		J. Jachim	
		Master I	
		J. Jachim	365
		Master VI	
C. Burr	165	R. Hemenway	-
165 lbs.		220 lbs.	
Master I			
P. Jurado	115	A. Toy	365
MEN			
148 lbs.			440
Teen 1		242 lbs.	
G. Curtis	225	Open	
Junior		J. Zintsmaster	400
J. Allen	275		
181 lbs.		J. Zintsmaster	400
Teen II		275 lbs.	
Zintsmaster	315	Open	
K. Will		J. Chase	440
Teen III		Guest	
Z. Stogdill	-	C. Tallman	600
Open		SHW	

Master II	M. (Casey	470	PT 1000
WOMEN	BP	DĹ	TOT	
123 lbs.				
Master III				100
B. Zintsmaster	135	290	425	A STATE OF THE STA
132 lbs.				W.A.
Junior				2017
I. Varner	115	260	375	
148 lbs.				-
Master II				25
C. Burr	165	310	475	*
198 lbs.				
Junior				
R. Hecht	240	305	545	
Open	240	303	0.40	
R. Hecht	240		240	
MEN	240		240	
123 lbs.				100
Teen II				
S. Kapala	165	320	485	
Onen				
S. Kapala 148 lbs.	165	220	485	
140 lbs	103	320	403	
Teen I				
G. Curtis	225	340	565	•
148 lbs.	223	340	303	4
Master II				
K. Kennedy	240	385	625	
181 lbs.	240	303	023	2.87
Teen II				
T. Zintsmaster	215	455	770	
	313	433	//0	Master
Open	365	405	850	D. Burr
S. Begeny D. Kuhl	245		690	Master '
D. Kuni	245	445	690	
Master VII	***	205	400	A. Wen
J. Kennedy	110	325	435	242 lbs.
198 lbs.				Teen II
Junior	245	425	750	A. Sumn
D. Rozenberg	315	435	750	Open
Open	40.0	400	900	M. Ham
C. Knedy	435	455	890	D. Mcla

A	PS FEI OW	A ^S
\$	\$3545°s	\$
\$	on the Mississippi \$ \$ \$ January 20, 2007	•
\$	get your entry form at www.APF-IOWA.com Contact: Bill Carpenter 563-599-1390 \$	⇒ \$

Master II				Master I			
D. Burr	250	390	640	J. Robinson	365	455	820
Master VI				SHW			
A. Wenzlaff	230	530	760	Teen III			
242 lbs.				J. Cannon	460	550	1010
Teen II				Open			
A. Summers	255	425	680	C. Ewald	440	675	1115
Open				A. Gibes	405	615	1020
M. Hamilton	385	615	1000	Master II			
D. Mclaren	330	600	930	M. Casey	470	465	
J. Zintsmaster	400	505	905	Best Lifter Bench	Women: C	arol Bu	irr. Best
Master I				Lifter Ironwoman			
K. Krzywaniak	295	440	735	Lifter Lt. Wt. B			
Master III				Best Lifter Hvy. \	Vt. Bench:	Bryan	Dorsey.
J. Zintsmaster	400	505	905	Best Lifter Lt. W			
275 lbs.				Begeny. Best Li			
Open				Men: Clint Ewald	I. (Thanks	to Mat	t Smith
R. Klein	380	_		for providing	these n	reet 1	results



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Master VI

A. Arroyo

220 lbs Teen II

A. Toy Open

B. Dorsey

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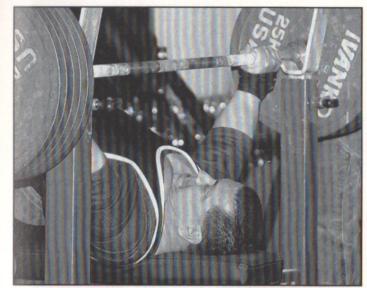
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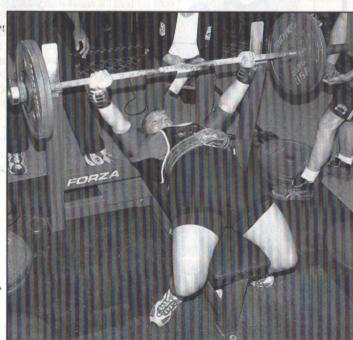
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Gustavo Warrington smacked a 4th attempt world record 633 bench in the 198 lb. Elite Open class at the WABDL Great Northern meet. 198 (photographs provided courtesy of Keith Lemm/CSS Photo Design) K. Te

1 0 1	,					1100000	0.7
WABD	L Gre	at Northern		198 lbs.		P. Arroyo	462
17 JUN	06 -	Olympia, WA		E. Georgeon		259 lbs.	3007
BENCH		148 lbs.		P. Fernandes	314	J. Gast	_
FEMALE		Crossen III	402*	220 lbs.		B. Rogers	518
Junior		T. Belen	297	L. Fuhman	473*	308 lbs.	
148 lbs.		198 lbs.		242 lbs.		G. Warren	545
M. Boyd	176	T. Tebbets	407	P. Arroyo	462	SHW	
Law/Fire		C. Wu	325	K. Doerfler	407	E. Aleaga	688
Master (40-47	7)	J. Walls	270	259 lbs.		J. Mickelson	
132 lbs.		220 lbs.		J. Schaer		V. Eldridge	501
	192*!		385	275 lbs.		Submaster (33	3-39)
Master (40-46	6)	242 lbs.		R. West	473	181 lbs.	
181 lbs.		T. Pennella	418	SHW		J. Cranston	347
D. Backiel	155	H. Barrett	391	E. Aleage	688	4th-351	
198 lbs.		259 lbs.		V. Eldridge	501	220 lbs.	
	285*!		407	Master (47-53	(1)	D. Chinn	457
J. Arrow	259*!	S. Erhardt	374	148 lbs.		275 lbs.	
Master (47-53	3)	B. Gilman	270	Evangelista	-	L. Haywood	462
165 lbs.		308 lbs.		181 lbs.		Teen (12-13)	
N. Carpenter		G. Warren	545	L. Woodley	363	97 lbs.	
P. Michaels	192*	SHW		220 lbs.		C. Grizzle	49*
198 lbs.		W. Carpenter	562	L. Benner	429	123 lbs.	
C. Erickson	170	Elite Open		242 lbs.		A. Grizzle	71
UL		181 lbs.		S. Mathis	540	132 lbs.	
M. Huston	209*	R. Harris	473	D. Seath	402	J. Kreher	143
Master (54-60))	198 lbs.		259 lbs.		4th-154*!	
114 lbs.	400	Warrington	622	Crossen Jr.	551	165 lbs.	024
I. Pantlist	192	4th-633*!		4th-558*		T. Qadir	93*
4th-203*!		Junior (20-25)		N. Brewer	468	181 lbs.	
148 lbs.	400	148 lbs.		308 lbs.	=0=	C. Herr	121*
L. Lesluka	137	W. Crossen II		F. Sua SHW	507	Teen (14-15) 148 lbs.	
Master (61-67)	402*	110		501		102
114 lbs.	1101	K. Dupont	110	J. Mickelson		T. Clandaniel W. Walls	154
M. Buchanan 148 lbs.	110	181 lbs.	202	Master (54-60	"	198 lbs.	134
B. Anderson	165	S. Franks	303	D. Higgins	214	J. Garbush	254
4th-176*!	103	220 lbs. A. Georgeon		165 lbs.	214	4th-268*	234
181 lbs.		J. Odell	462	M. Jameson	275	C. Gardner	12
P. Robey	203	D. Barth	435	181 lbs.	2/3	220 lbs.	13
Open	203	242 lbs.	433	P. Plush	363*	B. Henry	165
114 lbs.		I. Seath	473	198 lbs.	303	242 lbs.	103
I. Pantilat	192	259 lbs.	4/3	G. Holzinger	364*	D. Pcole	149
4th-203*		J. Gast		R. White	_	Teen 916-19)	
132 lbs.		Law/Fire		242 lbs.		148 lbs.	
L. Lamp	192	Master (40-47	1	G. Nelson	501*!	T. Belan	297
M. Hobbs	187	220 lbs.	'	308 lbs.	30.	S. Cole	264
198 lbs.	107	B. Reynolds	385*		507	165 lbs.	204
S. Jackson	286*	Law/Fire	303	Master (66-74		T. Winslow	275
Submaster		Open		220 lbs.		198 lbs.	
148 lbs.		181 lbs.		J. Gladson	248	F. Ramirez	137
R. Unson	176	R. Harris	473	4th-254*		220 lbs.	
165 lbs.		198 lbs.		J. Higgins	242	B. Seath	369
T. Jacobs	221*	T. Tabbets	407	Open		W. Palomaki	
N. Harmon	159	220 lbs.		148 lbs.		DEADLIFT	
Teen (14-15)		N. Lane	_	Evangelista	_	FEMALE	
114 lbs.		242 lbs.		S. Cole	264	Junior	
R. Talley	60	R. Niemitz	523	198 lbs.	- 190	148 lbs.	
123 lbs.		Law/Fire		J. Sussman	429	M. Boyd	352*
P. Fao	94*	Submaster		R. McGaughy		Master (47-53	
198 lbs.		242 lbs.		220 lbs.		114 lbs.	-
K. Carpenter	104	R. Niemitz	523	N. Lane	_	I. Morris	284
Teen (16-19)	De la constante	Master (40-46		T. Stark	545*	198 lbs.	All
148 lbs.		165 lbs.		J. Odell	462	P. Michaels	308
M. Rochet	203		275	242 lbs.		4th-322*	
MALE	ALC: N	181 lbs.		S. Mathis	540	UL	

laster (54-60))	Master (40-46	6)	123 lbs.		198 lbs.	
48 lbs.	275	165 lbs.	F22	A. Grizzle	154	J. Garbush	407
Lashufka	275	Cunningham	523	4th-159*!		4th-418	
laster (61-67 81 lbs.	,	181 lbs.	472	132 lbs.	1274	220 lbs.	250
. Robey	271*	R. Cole		D. Cole	137*	B. Henry	259
	2/1	S. Hodge	462	165 lbs.	170	242 lbs.	270
pen 32 lbs.		220 lbs.	600	T. Oair	176	D. Poole	270
I. Hobbs	252		600	4th-181		Teen (16-19)	
48 lbs.	352	242 lbs.		181 lbs.	0704	123 lbs.	
	214		523	C. Herr	259*	B. Fredson	325
1. Collier	314	308 lbs.		Teen (14-15)		148 lbs.	
65 lbs.			651	148 lbs.		S. Cole	402
. Jacobs	413*	Master (47-5)	5)	T. Clandaniel		198 lbs.	
ubmaster		181 lbs.			303	S. Clendaniel	
65 lbs.		L. Woodley	688	181 lbs.	78.37	F. Ramirez	242
Jacobs	413*!	220 lbs.		J. Jochimsen			
65 lbs.			579*!			orld Records. A	
. Harmon	314	L. Bennar	584			n a 7500 square	
98 lbs.		242 lbs.	THE PARTY			d Lion hotel.	
Steele	352	D. Seath	473			and there is a	
een (12-13)		SHW	PIR.			are deer roamin	
7 lbs.	Lot	J. Mickelson				zz band plays in	
Jackson	214	Master (54-66	0)			In the deadlift	
4th-225*!		148 lbs.				stationed at Ft. I	
23 lbs.		D. Higgins	451*!	and just got be	ack fron	n Iraq pulled a	state
Jackson	264	165 lbs.		record 633.7 a	t 220. A	t 242, Tom Pen	nella
4th-275*!		M. Jameson	440*	put a Washing	gton sta	te record 618.	3. In
een 14-15)		J. Bensai	341	Junior womer	, Marl	etta Boyd pull	ed a
14 lbs.		181 lbs.				rd 352.5. In M	
. Talley	110	G. Alexander	501	men 47-53/220	, David	Stratton pulled	a gut
23 lbs.		198 lbs.		with a world	record	679.9. At super	, Joe
. Fao	203	G. Holzinger	457	Mickelson set	a Wash	ington record 6	00.7.
98 lbs.		Master (61-6)	7)	In Master mei	n 54-60	/148 David His	ggins
. Carpenter	297	165 lbs.		set a world re	cord 45	1.7. At 165, Mic	chael
een (16-19)		L. Forbes	341	Jameson set a	Washing	ton record 440.	7. In
48 lbs.		R. White	275	Master men 6	8-74/220), Jim Huggins	set a
l. Rochat	385*!	Master (68-74	4)	Washington red	cord 352	.5. In Master wo	omen
IALE		220 lbs.		47-53/198, Pa	mela M	lichaels-Olson s	set a
lass I		J. Huggins	352*	Washington r	ecord	322.8 on a fo	urth
48 lbs.		Open		attempt with e	verythin	g she had. In M	aster
. Higgins	451	148 lbs.				Pat Robey se	
65 lbs.		S. Cole	402	Washington re-	cord 27	1.1. In Open wo	omen
. Jamesson	374	165 lbs.		165, Teresa Jac	cobs gav	e a herculean e	effort
98 lbs.		A. Jackson	540			d record in Subm	
Walle	429	181 lbs.				say die on a 4	
20 lbs.		L. Woodley	688			n 12-13/123, A	
. Barth	633*	242 lbs.				record 159.7 in	
. Higgins	573	J. Anthony	622			set a Washin	
42 lbs.		259 lbs.				ith 137.7. In 12	
Pennella	618*	B. Rogers	628			Washington re	
59 lbs.		308 lbs.				in 12-13/181,	
Erhardt	534	A. Medak	661			9. Not bad for	
HW		SHW				5/198, Jake Gar	
/. Carpenter	628	J. Mickelson	600			ord 418.7. In	
mior (20-25)		Submaster (3:				aree Jackson s	
48 lbs.		181 lbs.	33,			nd her sister, w	
. Martin	402	J. Cranston	555			275.5 world re	
Dupont	236	198 lbs.	333			en 16-19/148, A	
20 lbs.	230	J. Moore	540				
. Barth	633		340			record 385.7,	
42 lbs.	033	Teen (12-13) 97 lbs.				n't going to give	
	672		126			, in Class I men,	
Seath	672	C. Grizzle	126			Washington re	



Susan Jackson had the biggest bench for the women, a WABDL 363 J. Anthony 501 M. Huston 275 Washington State record 286 lbs. at the Great Northern competition

Warrington popped a bombastic 633.7 submaster women, world record and setting the world record with 622.7 and 617. Gustavo has a very short stroke. In Junior, Will Crossen III set a Washington record 402. In Law/Fire Master 40-47/220, Brian Reynolds set a Washington record 385.7. In Law/Fire record154.2. In 12-13/Master women 40-47/132 | Jaris Lamps set 181. (Printian Horses) Master women 40-47/132, Lauri Lamp set a world record 192.7, her fourth world record in two years. In Master men 40-46/ 220, Lance Fuhram set a Washington Jake Garbush set a record 473.7. In master men 47-53/259, Washington record Will Crossen Jr. set a Washington record 364.5. I want to thank for 15 years straight. He's retired from the Coast Guard and is mellow and dangerous on the lifting platform. Nice guy, but he will reach down deeper than the majority of lifters and come out with a win. In Master Terry Luehrs, Don of lifters and come out with a win. In Master men 54-60/181, Perry Plush came up with a Washington record 363.7. Perry was an excellent deadlifter with a 573 pull at 181, but he hurt his back. At 54-60/198, the old warrior consistent as always, Godrey Holzinger set a Washington record 364.8. In 61-67 George Nelson, who used to be the best Master bencher in the world with a 610 at age 58, set a world record 501.5 at 242, weighing 238 at age 62. He's still a damn good lifter. In master 68-74/220, Jerry Gladson set a Washington record 254.6. In Master women 40-46/198, Susan Jackson set a world record 286.5 at 198. 254.6. In Master women 40-46/198, Susan Jackson set a world record 286.5 at 198. Jill Arnow was second with a national record 259. In Master women 47-53/165, Mancy Carpenter of Canada set a national record 177.3. At Master 47-53/198, Pamela Michaels-Olson set a Washington record 192.7, and at 198+, Margie Huston set a Washington record 209.2. In Master women 54-60/114, Ita Pantilat set a world record 176.2, her third world record in two years. In Open men 220, Todd joint formula on the record in two years. In Open men 220, Todd Stark set a Washington record 545.5 and was close with 562. Eddie Aleaga hit a 688.7 at super and was close with 710. In Georgia Williams or Junior men, Joe Gast, after bombing in AquaVIBE, were the Open with 628 and 640.3, because his foot main sponsors. Chet slipped just before lockout came back in Groskreutz of Ivanko the Junior with a world record 640.3 at 259.



350 lb. Eddie Aleaga had the biggest bench press of the Great Northern meet with 688

the junior with a world record 640.3 at 259. In Open women, Ita Pantilat and Susan Jackson set Washington records with 203 and 286.5 respectively. In Submaster 181, Jody Cranston set a national record for Susan Record Susan Re



AGA	STATUS:	National Referee	State Referee
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AIIIIII	Membership a	and for 1 year from date of ann	lication

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A.D.A.U. events.

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Address	10.8			101.5	
City			State	Zip Co	de
E-mail			Phor	e (With Area	Code)

	o submit to any drug hout any prior notice					
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ember's	s					

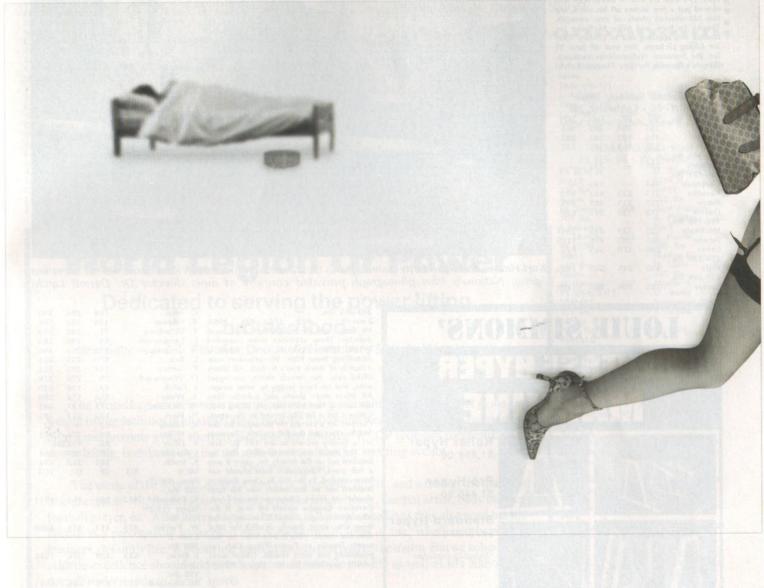
Parent/Guardian

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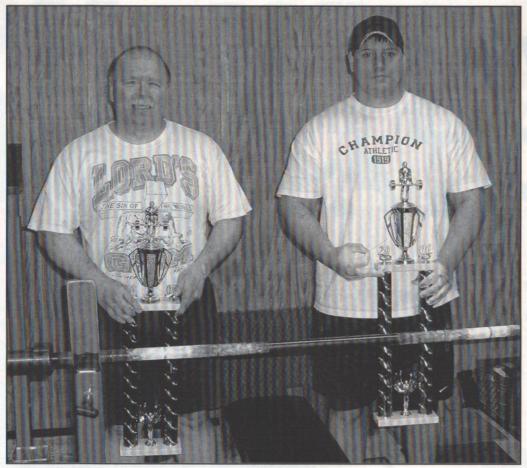
USA Raw Spring Nationals 2 APR 06 - Tuscola, IL

MALE Master (50-59) 242 lbs.

K. Haines 415*
*=USA RAW Bench Press Federation narecords. The USA RAW Bench Press Federation national records. The USA RAW Bench Press Federation Spring Nationals was at Son Light Power Gym in Tuscola, Illinois. With only two lifters, the meet was quite a disappointment, making the first time in thirteen years we have had a poor turnout. Regardless, the lifters both had good days, with new personal records set and one national mark! Kurt Haines came from Clinton, lowa to retain his title at 50-59/242, breaking his own national record with his 415 final attempt. First timer Ryan Petty set a new personal record at open 275 with his 430. A fourth with 450 open 275 with his 430. A fourth with 450 moved just a few inches off his chest, but this kid showed plenty of raw strength. Thanks to Joey and Mike Metheny for loading and spotting and to Lindsey Petty for taking pictures. See you all June 11 for the Summer Nationals in Mattoon, Illinois! (Results by Dr. Darrell Latch)

Lakeland Summer Blast

6 AUG	06 -	Coldw	vater,	MI
133-148 lbs.	SQ	BP	DL	TOT
Curry	355	205	405	965
Waller	315	185	385	885
Smart	225	165	355	745
149-165 lbs.				
Rodgers	205	_	335	-
166-181 lbs.				
Chapman	465	_	535	-
Kassuba	315	225	435	975
Burns	255	235	405	895
Dorris	350	155	315	820
182-198 lbs.				
Micheals	525	325	495	1345
Jacobs	365	285	455	1105
Cross	280	170	365	815
199-220 lbs.				
Villa	495	345	565	1405
221-248 lbs.				
Carter	585	300	405	1290



Kurt Haines and Ryan Petty standing with their awards from the USA Raw Bench Press Federation Spring Nationals (this photograph provided courtesy of meet director Dr. Darrell Latch)

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249-275 lbs.	C. Neal
Vance 405 275 405 1085	B. Bakmar
Mr. Bruce was the head official and meet	T. Thronb
director. These statistics were compiled	F. Yarobo
by Mr. White. And, Mr. Bruce White is	S. Gerass
submitting these Stats. We prisoners owe	C. Reis
a bunch of thank you's to him. All lifters	P. Gomez
lifted raw. No bench shirts, no squat	O. Woody
suits, and no knee wraps or wrist wraps.	I. Hatch
All lifters wore shorts and t-shirts. They	A. White
did have a four inch one ply lifting belt.	M. McCue
Carter-x set a facility record in the squat.	N. Hoyt
Curry-el set a record for the squat for the	K. Tiltoni
148 lb. class and deadlift record. Chapman	A. Wilins
set a facility record in the 181 lb. class	S. Tilley
for the squat and the deadlift. But, he	I. Dewitt
bombed out on the bench. So, since it was	S. Smith
a full meet, Chapman's total should not	MEN
have counted. In the 165 lb. class, Rodgers	Teen (14-
bombed out on the bench also his total	220 lbs.
should not count. Chapman bombed out,	R. Bulmas
therefore Kassuba should be first. If the	Junior (19
lifter dose not get a legal lift in any of the	165 lbs.
three lifts, squat, bench, deadlift the total	W. Parris
does not count. Villa is best lifter for this	Class II
meet. Thanks to Powerlifting USA for	308 lbs.
publishing our meet results. (These meet	J. Kicon
results provided by Mr. Bruce White)	Open
	198 lbs.
	M Kirklan

have counted. In the bombed out on the				Teen (14-15) 220 lbs.				
should not count. C				R. Bulmash	462	286	462	1211
therefore Kassuba sl				Junior (19-20)		200	402	1211
lifter dose not get a				165 lbs.				
three lifts, squat, ber				W. Parrish	435	314	451	1200
does not count. Villa				Class II				
meet. Thanks to P	owerli	fting U	ISA for	308 lbs.				
publishing our meet	results	s. (The	se meet	J. Kicon	633	429	556	1618
results provided by	Mr.	Bruce	White)	Open				
				198 lbs.				
				M. Kirkland	512	275	606	1393
Georgia	Gar	nes		242 lbs.				
JUL 06 -				R. Piccini	468	325	414	1207
				Master (55-59)/Clas	s II		
BENCH	Ope			198 lbs. H. Sauls	275	220	226	831
WOMEN	148		och 237	Master (60-64	275	220	336	031
Open 165 lbs.				I. Fair	292	98	374	864
		(18-1 Arnold	292	Charles and the second				
M. Sternberg 132 MEN	C. /	riioid	292	A special than from Maricutt				
Master (40-44)				Dothan, AL, Ri				
K. Kayes 303				GA, Lance Los				
Master (45-49)				Myers, from A				
G. Bradley 203				Adel, GA, and				
Master (65-69)				GA, for donati				
K. Rowan 259				making the G				
	BP	DL	TOT	a success. (Th				
E. Dewitt	110	286	396	Director, for				

170 104

99

Thronburg

Gerassino Reis

P. Gomez
O. Woodward

M. McCuen N. Hoyt

Yaroborugh

264 434

TOT

148 198

264 253

220

176

198286 209 253

100% 3 JUN					W. Etheridge A. Salton	440 341	396 319	837 606	1675 1267	
FEMALE	SQ	BP	DL	TOT	165 lbs.					
114 lbs.					Junior					
Teen (14-15)					J. Trotman	341	253	606	1201	
V. Buczynski	231	132	319	683	J. Aresenault	518	440	716	1675	
123 lbs.					Teen (16-17)					. PO
Teen (16-17)					M. Blackburn	540	440	771	1752	
C. Buchan	319	187	540	1047	C. Higgins	529	363	749	1642	■ The G
	4th-D	L-573			M. Senca	473	363	771	1609	- The G
132 lbs.					S. Johnson	-	-	-	-	follies
Teen (16-17)					181 lbs.					- Tomes
L. Gurly!	462	275	650	1388	Teen (14-15)					ing no
	4th-D	L-661			W. Boyd	639	385	793	1818	
148 lbs.					Teen (16-17)					blend
Teen (14-15)					D. Thomas	782	451	1003	2237	
E. Buchan	341	187	518	1047	D. Dixon!	892	573	771	2237	traini
Teen (16-17)					T. Vinick	606	440	804	1851	\$14.9
C. Veal	418	286	507	1212	Teen (18-19)					\$14.9
Teen (18-19)					B. Razzo	771	584	992	2347	Tel: 9
H. Strong	396	220	584	1201	P. Brown	782	551	992	2325	
198 lbs.					J. Holiday	694	562	1003	2259	1228,
Teen (16-17)		200		050	R. Beavers	-	-	-	-	,
L. Lesinski		209	650	859	198 lbs.					
Master (40-44		242	coc	****	Police/Fire	100			1598	
L. Elliott	297	242	606	1146	B. Maxwell Teen (14-15)	496	551	551	1590	
198+ lbs.						EE4	418	694	1664	Toon (19 10)
Teen (16-17)	410	297	705	1421	J. Wheeler E. Donahue	551 496	385	705	1587	Teen (18-19) T. Manning
S. Williams	418	297	703	1421	Teen (16-17)	490	303	703	1307	275 lbs.
123 lbs.					J. McCauley		319	496	815	Open
Teen (16-17)					Teen (18-19)		313	430	013	R. Page
M. Willis	485	319	551	1355	B. Horton	782	485	1003	2270	Teen (14-15)
148 lbs.	403	313	331	1333	C. Bobola	760	451	892	2105	M. Woolard
Open/Junior					K. Carlson	_	617	1069	1686	I. Montana
D. Priddy	771	429	925	2127	220 lbs.		017	1003	1000	Teen (16-17)
Teen (14-15)					Teen (16-17)					J. McElay
I. Ross	617	485	771	1873	B. Hopkins!	925	815	1058	2799	W. Percell
J. Croom	462	440	738	1642	J. Dunman	694	451	826	1973	Teen (18-19)
A. Jones	407	407	716	1532	B. McElroy	_	429	936	1366	A. Moore
Teen (16-17)					242 lbs.					J. Roper
G. Rouson	628	385	892	1906	Teen (16-17)					Teen (16-17)
I. Manuel!	584	385	826	1796	A. Brown	804	595	1113	2513	McConville
I. Newbern	573	341	815	1730	T. Lindstrom	782	606	1080	2469	B. Linton

42	The G	ame	's fur	nies	bool	c: forming	a clu	b, fir	rst me	eet
	follies	, and	stra	ight	info.	You've hea	rd o	f thi	s "tra	in-
18	ing no	vel".	joi	n Lor	e and	l LaVonda	in "t	he u	ltima	ite
10	blend	of	hilar	ity a	nd c	ommon se	nse	in s	trens	th
37	-									
37	traini	ng" (PLU)5A);	-a "ti	rue iron cla	SSIC	(Iro	n Mai	n).
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33	1228,	Nev	ada	City,	CA	95959.				
98				DIT						
64	Teen (18-19)					Teen (18-19)				
87	T. Manning	1333	947	1444	3725	P. Glisson	1047	507	914	2469
-	275 lbs.					SHW				
5	Open R. Page	959	738	1003	2700	Teen (16-17) L. Adams	418	650	507	1576
70	Teen (14-15)	939	730	1003	2700	Teen (18-19)	410	030	307	1370
05	M. Woolard	793	396	992	2182	C. White	826	661	1069	2557
86	J. Montana	727	407	826	1962	!=Best Lifters.	(result	s cour	tesy Pau	I Bos
	Teen (16-17)									
	J. McElay	881	639	992	2513	NIAG	A Vir	vinia	State	
99	W. Percell	771	716	936	2425	25 FEB				VA
73	Teen (18-19) A. Moore	881	738	1146	2766		00 - 1			
00	J. Roper	826	760	1069	2656	PS BENCH		1000	Barnette	e 14
	J. Roper	020	700	1009	2030	MALE		BEN	VCH .	

826 606

793 562

1146 2579

		••••	•••	•••	•••
25	Teen (18-19) P. Glisson SHW Teen (16-17)	1047	507	914	2469

PAUL KELSO'S

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Newsletter by: C.T. Fletcher, Dr. Arnold Nerenberg & Narbe' Mansourian

ABOUT US

The World Legion of Power is a certification and sponsorship organization for gyms and weight lifting facilities of all sizes throughout the nation and world. Our goal is to recognize, award and promote gyms, sporting facilities and athletes. WLOP sponsors competitions in power lifting, bodybuilding, martial arts, boxing and other sporting events.

OUR PHILOSOPHY

The motto of the World Legion of Power is "strength, health, and wisdom; the quest for true greatness". Strength is part of being a power lifter, boxer, martial artist, body builder, football player, etc. All athletes require strength. All people need it as they also need health. Health is a prerequisite to succeed and achieve in all areas of life, whether it be sports, business, or family life. Wisdom might seem an unusual part of the motto. But we believe that athletic excellence should add to a deeper understanding of life as well as life adding to a deeper understanding of our sports.

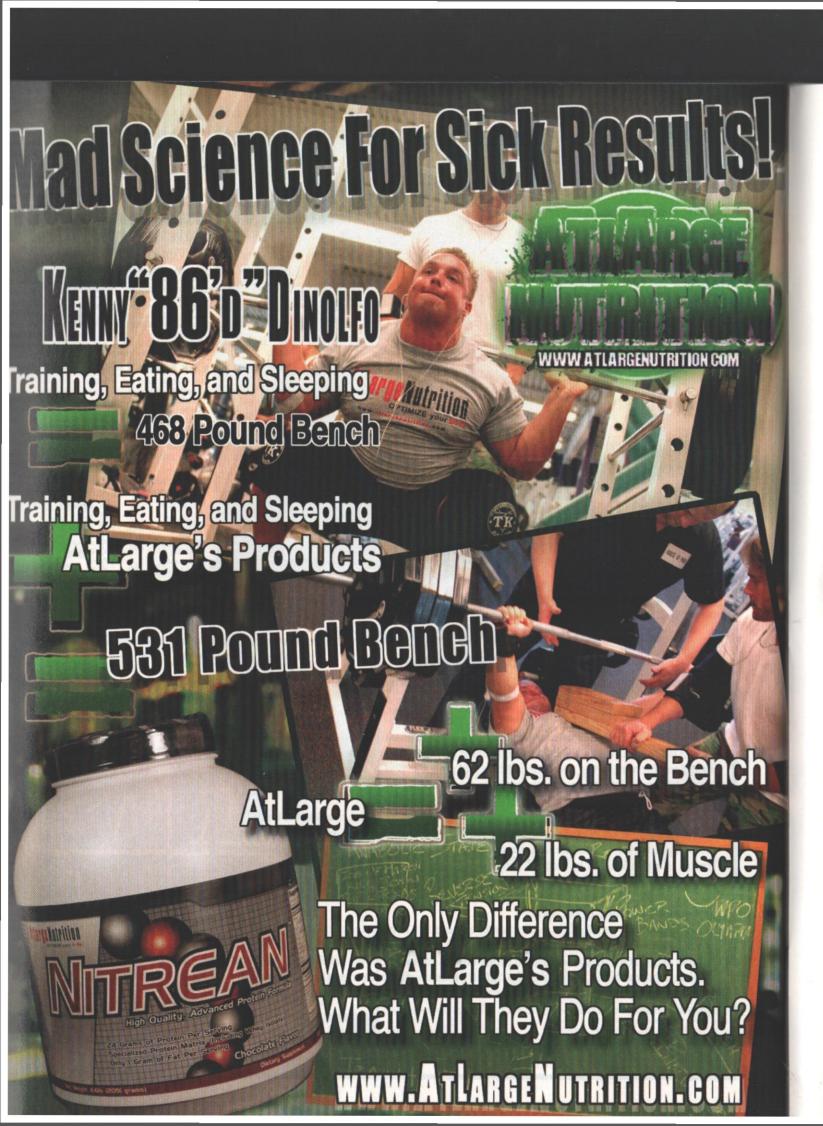
The quest for greatness is evident and yet there is a non-obvious quality as well. We aspire to greatness in our athletic accomplishments and that is an end in itself. But there is another aspect. One that is not assured in any official competition. We value the athlete who is a decent human being, an athlete who can lift a mountain of resentment through his power of forgiveness, an athlete who shows greatness in all areas: physical, emotional, mental, spiritual. We of the WLOP - salute such athletes.

CONTACTS

If you have any questions, contact us at www.worldlegionofpower.com or Call us at (562) 693-8005

C. White				
!=Best Lifters.	(result	cour	tesy Pau	ıl Bossi)
NIAC	A 1/:	-1-1-	Ctata	
NAS 25 FEB	A VII	ginia	State	
25 FEB	06 - 1	Nythe	eville,	VA
PS BENCH		D.	Barnett	e 143
MALE		BEN	NCH	
220 lbs.		MA	LE	
Junior		132	lbs.	
M. Thomas	264	Pur	e Natur	ral
308 lbs.	-04	Α	Phillins	ral 226
		Pur	o minipa	
	474		Hamby	170
DE CUDI	4/4		lbs.	170
MALE			ster III	
		Mas	Down	286
220 lbs.		0.43	Dunn	200
Junior		242	lbs.	
M. Thomas PS DEADLIFT	13/	Mas	ster V Smith	201
PS DEADLIFT		D.	Smith	501
FEMALE		Sub	master	Pure
132 lbs.		J. P	Nelson	402
Master II				
Push Pull		BP	DL	TOT
FEMALE				
132 lbs.				
Master II				
D. Barnette		_	-	-
MALE				
148 lbs.				
Master I				
P. Sholes		248	407	655
Powerlifting	50	BP	407 DL	TOT
MALE	24			
132 lbs.				
	248	198	319	766
K. Hale B. White	220	143	341	705
165 lbs.	220	143	341	703
HSP				
	240	176	319	744
J. Mann	248	1/6	319	/44
181 lbs.				
HSP		200		000
	303	203	402	909
Pure		- 4-		
	385	319	418	1124
242 lbs.				
HSP				
R. Elm	319	214	418	953
M. Dye	314	226	352	892
275 lbs.				
HSP				
J. Shimel	319	226	396	942
Raw				
Submaster				
100 II				
Submaster				
Submaster R. Maggi Power Sports	358	330	418	1107
Power Sports	CP	RP	DI	TOT
Power Sports MALE	CK		0.	
198 lbs.				
Submaster II	404	220	440	070
R. Maggi	121	330	418	870
220 lbs.				
Pure Natural				
Pure Natural R. Mitchum	143	297	424	865
Pure				
R. Mitchum	143	297	424	865

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Conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

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Vame	Phone	E-mail		
Address	City		State	Zip Code

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For standard 123 lb./56 Kg. USA lifters in results received from AUG/2005 through JUL/2006

496 Holloway, D..11/8/05 451 Kirkland, M..11/19/05 450 Rieman, M..3/25/06 450 Atkinson, C..3/25/06 445 King, N..3/25/06 430 Burkey, J..12/17/05 430 Burkey, J..12/17/05 430 Sanders, J..3/25/06 420 Snell, K..3/25/06 418 Scruggs, J..6/17/06 405 Hilton, J..3/25/06

402 Rotsinger, J..9/24/05 400 Ortiz, F..3/25/06 400 Terrell, A..3/25/06 395 Gutierrez, V..3/25/06 385 Lamb, B..10/15/05 385 Zeolla, G.4/8/06 380 Martin, E..2/18/06 380 Hampton, D.2/18/06 374 O'Steen, M..12/05 370 Kizer, C..2/18/06

370 DeLaCruz, R..3/25/06 369 Adelman, T..6/17/06 363 Miller, C..2/10/06 360 Mendez, P..2/206 360 Scheldrup, T..2/25/06 360 Reinart, N..3/25/06 360 Hartwig, S..9/15/06 355 DelaFuente, N..2/4/06 350 Williams, K..2/2/06 350 Hayes..3/09/06

347 Marietta, Leah. 8/7/05 345 Dominguez, M..2/4/06 345 Castillo, R..3/10/06 341 Meadows, S..4/1/06 341 Barleen, D..5/5/06 335 Henley, J..2/2/06 330 Williams, C..1/28/06 330 Petter, J..2/4/06 325 Austin, D..8/27/05 325 Sander, B..1/21/06

325 Swindle, D..2/4/06 325 Pierson, D..2/4/06 325 Edwards, D..2/25/06 325 Duff, D..2/25/06 325 Norwood, N..6/17/06 325 Rein, J..6/17/06 325 Kinard, C..7/15/06 320 White, M..2/25/06 320 Garcia..3/9/06 319 Tran, C..7/15/06

315 Morningwake..10/22/05 315 Landaverde, N..1/28/06 315 Palacious, B..2/2/06 314 Miller, D..6/17/06 310 Rodriguez, J..1/14/06 310 Lane, N..1/21/06 308 Kemper, T..3/11/06 305 Brown, C..2/4/06 305 Dierick, J..6/3/06 300 Fredrickson, S..1/14/06

300 Macias, R..2/4/06 300 Lovell, M..2/4/06 300 Wiltz, R..2/25/06 300 Ball, K..3/4/06 300 Saccocio, A..5/20/06 297 Marietta, Lora..2/10/06 297 Blakely, G..6/10/06 295 Winans, A..3/4/06 295 Winans, A..3/4/06 292 SanMiguel, D..11/5/05

292 Froeschle, J., 4/19/06 290 Douglas, K., 11/12/05 290 Sehon, J., 1/21/06 290 Wright, M., 1/21/06 290 Bush, K., 2/4/06 290 Thompson, K., 2/25/06 290 Vargas, L., 3/4/06 290 Karbowski, J., 3/10/06 286 Sommers, A., 8/20/05 286 Dingle., 2/10/06

285 Tienda, M..2/25/06 285 Scaramuzzo, K..3/4/06 285 Brown, D..3/4/06 285 Kutchera, R..3/10/06 285 Chamberlain, C..6/3/06 280 Morse, J..11/12/05 280 Gushwa, M..12/11/05 280 Vera, R..1/28/06 280 McCledon, P..2/9/06 280 Schulz, C..3/10/06

285 Tienda, M.. 2/25/06

280 Mach, Z..4/29/06 275 Cook M..11/19/05 275 Stone, S..11/19/05 275 Yukness, K..12/10/05 275 Lee, B..1/14/06 275 Thornhill, J..1/14/06 275 Herrera, R..2/18/06 275 Bagby, D..2/4/06 275 Dutscheck, R..3/10/06 275 O'Neill, S..6/2/06

336 Petrencak, S..9/30/05 320 Faraone, J..4/15/06 314 Holloway, D..7/6/06 305 Tran, V..6/3/06 300 Scheldrup, T..2/25/06 285 Garcia..3/9/06 275 Young..3/9/06 270 Darling, J..12/1/05 270 Reinart, N..3/25/06 270 Scruggs, J..6/17/06

BENCH

260 Gualtieri, V..8/13/05 260 Voeun, V..1/28/06 260 Snell, K..3/25/06 260 McDaniel, R. 6/24/06 253 Ramos, A..8/20/05 253 Meadows, S..4/1/06 248 O'Steen, M..12/05 245 Riemann, M..3/25/06 245 King, N..3/25/06 243 Williams, V..11/17/05

242 Hollier, J..9/30/05 242 Barleen, D..5/5/06 242 Norwood, N..6/17/06 240 Burkey, J..1/12/05 236 Hodden, J..8/13/05 236 Gill, R..2/18/06 236 Adelmann, T..6/17/06 235 Lamb, B..8/27/05 235 Sanders, J..3/25/06 235 Gutierrez, V..3/25/06

230 Williams, B. 4/22/06 230 Hartwig, S. .7/15/06 225 Hayes. .3/9/06 225 Atkinson, C. .3/25/06 225 DeLaCruz, R. .3/25/06 225 Terrell, A. .3/25/06 220 Achenbach, J. .6/10/06 215 Sander, B. .1/21/06 215 Hilton, J. .3/25/06 215 Burt, B. .7/23/06

214 Callahan, S..6/2/06 210 Logsdon, H..11/5/05 210 Frank, R..4/22/06 209 Akina, V..9/24/05 205 Kirkland, M..10/1/05 204 Williams, N..4/22/06 203 Segura, R..8/27/05 203 Aulds, S..6/17/06 200 Lane, N..1/21/06 200 Claypatch, H..1/21/06

200 Murphy, G:.1/27/06 200 Murphy, G.:1/27/06 200 Petter, J.:2/4/06 200 Orsi, C.:3/18/06 198 Blakely, G.:6/10/06 195 Trumm, C.:10/29/05 195 Ortiz, F.:3/25/06 195 Juangco, J.. 4/29/06 195 Dierick, J.. 6/3/06 193 Minahan, J.. 11/17/05 192 Williams, C.. 1/28/06

192 Gazzara, J. 4/8/06 192 Hughes, K. 4/29/06 190 Morningwake...10/22/05 190 Dominguez, M. 2/4/06 190 Kizer, C. 2/18/06 190 Zeolla, G. 4/8/06 190 Silvestri, N. 4/15/06 190 John, A. 4/22/06 190 Sy. J. 4/29/06 187 Rotsinger, J. 9/24/05

187 Benner...11/12/05 187 Ruff, D...11/16/05 187 Ma, S...12/18/05 187 Anderson, E...3/25/06 187 Hood, J...4/29/06 185 Henley, J...2/2/06 185 Swindle, D...2/4/06 185 Lovell, M..2/4/06 185 Martin, E..2/18/06

185 Rogers, A..2/25/06 185 Chamberlain, C..6/3/06 182 Braguine, J..3/18/06 181 Miskinis, D..2/18/06 181 Carlson, B..6/24/06 181 Kinard, C..7/15/06 180 Wilson, G..10/29/05 180 Gushwa, M..12/11/05 180 Sebon, J..1/21/06 180 Herrera, R..1/28/06

176 Marietta, Lora..2/10/06 176 Barnhill, A..3/18/06 176 Rein, J..3/25/06 176 Tran, C..7/15/06 175 Vrabel, A..8/28/05 175 Landaverde, N..1/28/06 175 Mendez, P..2/2/06

DEADLIFT

578 Holloway, D..4/29/06 518 Blakely, G..6/10/06 479 Scruggs, J..6/17/06 465 Snell, K..4/22/06 460 Scheldrup, T..2/25/06 450 DeLaCruz, R..3/25/06 440 Meadows, S..4/1/06 430 Ortiz, F..3/25/06 425 Gutierrez, V..3/25/06 420 Reinart, N..3/25/06

415 Riemann, M..3/25/06 415 Atkinson, C..3/25/06 410 Kizer, C..2/18/06 407 O'Steen, M.12/05 402 Akina, V..9/24/05 402 Lamb, B..10/15/05 402 Tran, C..7/15/06 400 Hayes..3/9/06 400 Zeolla, G..4/8/06 396 Miller, D..6/17/06

395 Sanders, J..3/25/06 391 Walker, J..11/16/05 391 Barleen, D..5/5/06 390 Young, C..3/10/06 390 King, N..3/25/06 385 Ruff, D..11/16/05 385 Ruff, D..11/16/05 380 Williams, C..1/28/06 375 Kirkland, M..12/17/05 375 Dominguez, M..2/4/06 375 Schulz, C..3/10/06

375 Terrell, A..3/25/06 375 Hilton, J..3/25/06 374 Hilton, J..3/25/06 374 Braguine, J..3/18/06 370 Faraone, J..2/18/06 370 Castillo, R..3/10/06 365 Achenbach, J..6/10/06 363 Rotsinger, J..9/24/05 363 Aulds, S..6/17/06 360 Mendez, P..2/2/06

358 Lee, B..1/14/06 355 Hampton, D..2/18/06 355 Young..3/9/06 353 Wilson, S..5/13/06 352 Woods, A..12/05 352 Kemper, T..3/11/06 352 Froeschle, J..4/29/06 350 Morningwake..10/22/05 350 Henley, J..2/2/06 350 Manzo..4/23/06

347 Rein, J. 6/17/06 345 Gualtieri, V. 11/11/05 345 Morse, J. 11/12/05 345 Garcia. 3/9/06 345 Juangco, J. 14/29/06 345 Hartwig, S. 17/15/06 341 Yukness, K. 2/10/06 340 Rodriguez, J. 1/14/06 340 Martin, E. 1/21/06 340 Voeun, V. 1/28/06 347 Rein. J. 6/17/06

340 Swindle, D. .2/4/06 340 Bagby, D. .2/4/06 336 Marietta, Leah..8/7/05 336 Manuel, G. .8/20/05 336 Miskinis, D. .2/18/06 336 Adelmann, T. .6/17/06 335 Sander, B. .1/21/06 330 Williams, K. .2/2/06 330 DeLaFuente, N..2/4/06 330 Thompson, K..2/25/06

330 Dugas, J. 4/8/06
330 Rivet, J. 5/27/06
330 Gnerre, B. 5/27/06
330 Kinard, C. 7/15/06
325 Trumm, C. 10/29/05
325 SanMiguel, D. 11/5/05
325 Burkey, J. 11/12/05
325 Montgomery, C. 1/21/06
325 Petter, J. 2/4/06
325 Petter, J. 2/4/06
325 Petter, J. 2/4/06
325 Petter, J. 2/4/06

325 Edwards, D..2/25/06 325 Duff, D..2/25/06 325 Tienda, M..2/25/06 325 Karbowski, J..3/10/06 325 Fredson, B..6/17/06 325 Ochoa, J..7/8/06 320 Lane, N..1/21/06 320 Macias, R..2/4/06 320 Bush, K..2/4/06

320 Adams, K..2/18/06 320 Sy, J..4/29/06 320 Kapala, S..7/15/06 319 Sicot, C..6/10/06 315 Douglas, K..11/12/05 315 Fredrickson, S..1/14/06 315 Palacious, B..2/2/06 315 Palacious, B..2/2/06

1366 Holloway, D..4/29/06 1168 Scruggs, J..6/17/06 1140 Snell, K..3/25/06 1120 Scheldrup, T..2/25/06 1110 Riemann, M..3/25/06 1090 Atkinson, C..3/25/06 1080 King, N..3/25/06 1050 Gutierrez, V..3/25/06 1055 Gutierrez, V..3/25/06

1045 DeLaCruz, R..3/25/06 1036 Meadows, S..4/1/06 1030 O'Steen, M..12/05 1025 Ortiz, F..3/25/06 1019 Lamb, B..10/15/05 1019 Kirkland, M..11/19/05 1014 Blakely, G..6/10/06 1000 Terrell, A..3/25/06 995 Hilton, J..3/25/06 985 Burkey, J..12/17/05

975 Hayes..3/9/06 975 Zeolla, G..4/8/06 975 Barleen, D..5/5/06 970 Kizer, C..2/18/06 953 Rotsinger, J..9/24/05 950 Garcia..3/9/06 942 Adelmann, T..6/17/06 935 Hartwig, S..7/15/06 910 Dominguez, M..2/4/06 909 Miller, C..2/10/06

903 Williams, C..1/28/06 903 Williams, C. 1/28/06 898 Tran, C. 7/15/06 895 Mendez, P. 2/2/06 895 Martin, E. 2/18/06 876 Miller, D. .6/17/06 875 Sander, B. 1/21/06 875 Castillo, R. 3/10/06 870 Henley, J. 2/2/06 870 Norwood, N. 6/17/06

860 Young..3/9/06 855 Morningwake..10/22/05 855 Williams, K..2/2/06 855 Petter, J..2/4/06 854 Marietta, Leah..8/7/05 850 Swindle, D..2/4/06 850 DeLaFuente, N..2/4/06 848 Rein, J..6/17/06 837 Aulds, S..6/17/06 832 Kemper, T..3/11/06

830 Lane, N..1/21/06 820 Schulz, C..3/10/06 815 Dierick, J..6/3/06 810 Rodriguez, J..1/14/06 810 Young, C..3/10/06 805 Landaverde, N..1/28/06 805 Macias, R..2/4/06 805 Juangco, J..4/29/06 800 Edwards, D..2/25/06

800 White, M..2/25/06 799 Froeschle, J..4/29/06 795 Brown, C..2/4/06 795 Thompson, K..2/25/06 790 Austin, D..8/27/05 790 Pierson, D..2/4/06 790 Lovell, M..2/4/06 788 Lee, B..1/14/06 788 Marietta, Lora..2/10/06 782 SanMiguel, D..11/5/05

766 Callahan, S..3/25/06 765 Bush, K..2/4/06 765 Tienda, M..2/25/06 765 Sy, J.4/29/06 765 Karbowski, J..3/10/06 755 Fredrickson, S..1/14/06 755 Winans, A..3/4/06 749 Dingle. 2/10/06 745 Fredson, B..6/3/06

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NEXT MONTH... TOP 132s

CORRECTIONS ... Mike Bently's 677 lb. deadlift should have been reflected on the TOP 100 list for the Superheavies. John Martinez should have received credit for his 705 lb. bench press at the APF/AAPF Michigan State meet, on the SHW list. The TOP 100 list for the 275 lb. class was mislabeled on the Contents page of the July issue of PL USA. The numbers in some results in recent issues of PL USA have been converted (as if they were in kilos), but they were already converted (in lbs.) leading to large mistakes. Among them are the Super Sunday results on pg. 60 of the June issue, the Show of Strength meet on pg. 58, and the Chickahominy Y results on pg. 87, AUG/06 PL USA. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and a correction.

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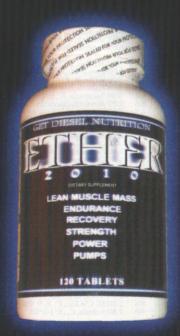




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